

Playing the Game

Ri-ght...

Scarlet Style

GRADUATION 2005
e

MEMORY SPIRAL

1912
EAST HIGH SCHOOL

2005
CONNECTING BLDG



GYM BAND SHOP



This Way
DETOUR

DETOUR
SIDEWALK
CLOSED



WILLIAMS

STADIUM

EAST HIGH



SCARLETS

HOME

53

VISITOR

0

DOWN

TO GO ON

QTR

2003 WALKER BLDG.

1421

E. 14th St

DMPS SCHOOLS

2005

START HERE

playing the game right...
Scarlet
Style



East High School

815 East 13th Street
Des Moines, Iowa 50316
(515) 242-7788

People & Sports



To Pages 10
& 126



30 years ago,
there was a "Sugar
Shack" in front of
the old student
center.



JUN

Answer: They used to make them.

How did the
cheerleaders
get their
pom-poms?

SOPHOMORES



30 years ago,
swimming was
only required
during
sophomore year.



Playing the Game Right...

Academics & Ads



To Pages 186
& 236



Did you know that
30 years ago the
average senior
graduating class was
about 500
students?



SEN



Opening



What is the minimum G.P.A. needed in order to receive an academic letter?
 Answer: 3.5

Organizations
Go →
 To Page 78

Scarlet Style

"Life is a game." This is something that everyone has heard at least once in their lifetime, and it usually has a negative spin, saying that things are cheap and not very serious.

But we feel when someone plays the game of life, he or she is striving to reach their goals, facing various twists and turns in a journey to achieve them.

Life at East is no different. Students here are constantly playing the "game" of school, a beginning level of the larger challenge, but we choose to play this game the right way - with Scarlet Style. Scarlet style consists of not just getting by, but striving to be the best, whether it is "ace-ing" a test in Geometry, spiking a return on a cold Tuesday night, or making the effort to raise money for March of Dimes with the National Honor Society. The classes, sports and clubs at East that we all participate in involve a winning strategy.

When we say we are playing this "game," we mean we are ready to overcome any obstacles that stand in our way, we are ready to put forth our all, and most of all, no matter what the outcomes may be, we support one another and come out as winners.

Life is what one makes of it and students at East choose to make it the best it can possibly be by Playing The Game Right - Scarlet Style.

Story/Layout by Khoduz



Roughly, how many students are in the freshman class?
 Answer: about 650



Early in EHS history, the only parking for staff and students was by the gym.



What is Principal Lee's middle name?
 Answer: Lester



Student Life
Go →
 To Page 14



Spirit Week

Homecoming 2004

Every year during the football season, EHS students spend one week celebrating their school and preparing for the ever-important homecoming football game. Not only are students excited about the game, but they also use the week to showcase their pride for the eastside.

"I love Spirit Week," said senior **Rahni Janssen**. "People get all dressed up, and everybody's always in a good mood."

Students celebrated during the week with various costumes, where each day had a special theme. Monday was teacher-student switch day, Tuesday had students dressing like their favorite musical artists, Wednesday celebrated individual class spirit with each grade wearing a different color, Thursday was animated character day, and Friday was the traditional East High Red and Black day.

"My favorite day was the teacher-student switch day," said Freshman **Amanda Bellis**. "It was weird seeing

the teachers dressed like kids!"

One of the most popular activities, sidewalk painting had to be cancelled due to the weather.

"I was disappointed that we didn't get to paint the sidewalks at the stadium because it was raining. I did it last year and we had a lot of fun," said senior **Patrick Sugget**.

However, all these activities were not overshadowed by the main event, the Scarlets vs. Roughriders game.

"The game was really great," said senior **Amy Miller**, "I had a blast and I yelled so much I lost my voice. I could barely talk at work the next day."

The Scarlets were able to squeeze by Roosevelt's defense

and gain a 21-20 victory against the Riders, improving their record to 4 and 1.

In addition to watching the game, Janssen enjoyed visiting with all the alumni that came back to Williams Stadium for the event.

"It was really good to see all the seniors from last year that were back from college," she said.

Bellis, new to the Homecoming tradition at East, said she loved the experience.

"It was so much fun," she said. "I can't wait until next year's!"

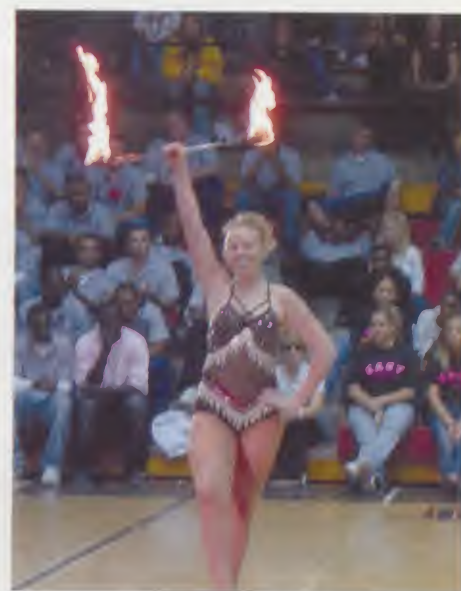
After giving a pep-talk to the student body, Principal **Tom Lee**, at bottom right, prepares for a hazardous ride around the gym by putting on his helmet. At top right, senior **Amy Miller** decorates the stage for the assembly and dance.





Varsity football players, at far left, huddle on the fifty-yard line to get pumped up before their homecoming game against Roosevelt. At near left, seniors *Amanda Khodai*, *Taryn Brumm*, *Amy Page*, and *Carissa Hibben* are dressed as the Spice Girls for Favorite Musical Group day.

Performing at the Pep Assembly on Friday of Spirit Week, junior *Emily Fessler-Boylan* heats up her routine by lighting her baton on fire.



Meeting to plan activities for the week, at left, sponsor *Sami El-Baroudi* and Student Government members discuss their ideas for theme days.



Adding the

Story/Layout by Matt Grochala

Final Touches

Construction, construction, and more construction. That's all you ever see around East these days. When will they ever get it done? What exactly are they doing in that new section? Those are some typical questions that students asked themselves at the start of the 04-05 school year.

Over the past couple of years Principal Tom Lee and local community members have been doing fundraiser after fundraiser trying to get donations for the new addition. Due to that long and tiring effort they have raised over 3.5 million dollars to add to the initial renovation found of East.

"Many businesses in the surrounding east side area have helped out with the donations and the fundraising," said Lee. "We are grateful to them."

When the 04-05 school year started, construction was already underway on many parts of the building. With the completion of the north wing in the summer, classes were set to move out of the south wing so renovation could start there. While fixing up the south wing, workers moved downstairs to begin updating the library with a new paint job, sprinkler system, and new pantry shelves for the books.

"When they finished all of the renovation work in the library, the atmosphere was really pleasant. With all of the new bookshelves on the wall the students will have a bigger place to study and do their work," said Librarian Nancy Butler.

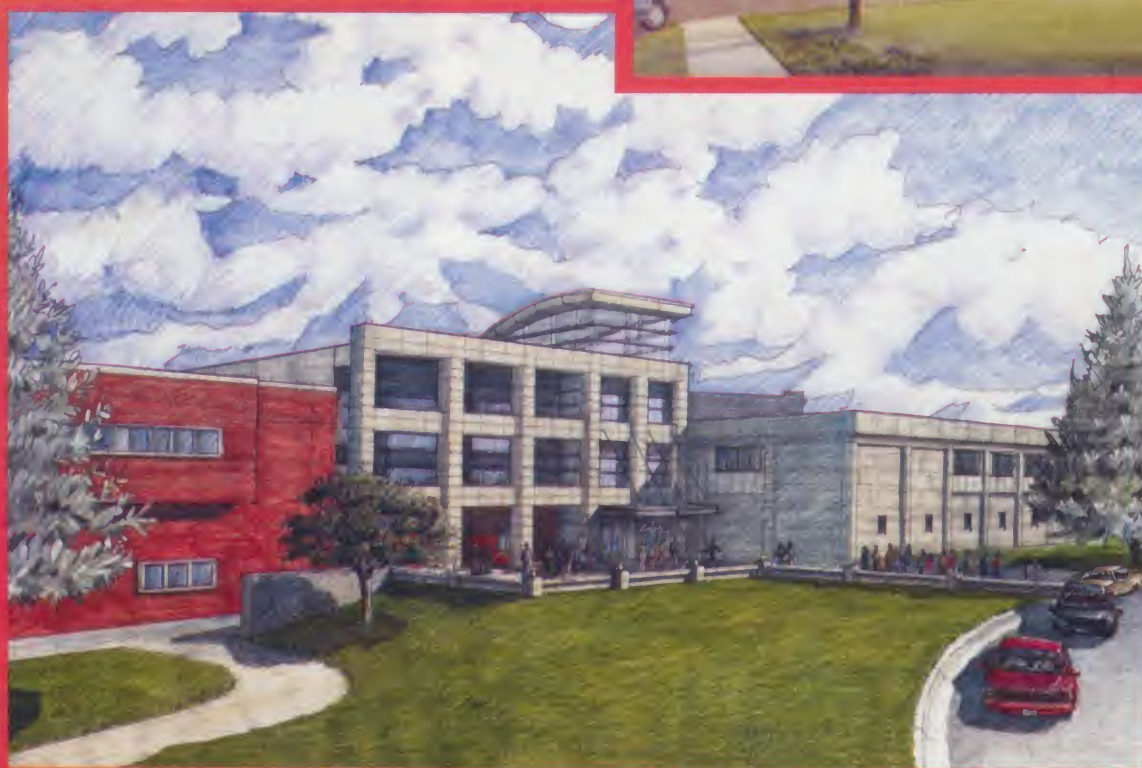
Winter break marked the final stretch of the completion of the new 3 level connection building. With that completed, the social science, vocal music, and science classes were able to move into their new classrooms for the start of the second semester. Also finished was the new administration and nurse offices. But the main feature of that building was the new cafeteria.

"With the completion of the new cafeteria, the Commons Area. It won't only be a place

to eat, but a place to remember the past with the addition of the lighted trophy cases," said Vice Principle Gary Rourke.

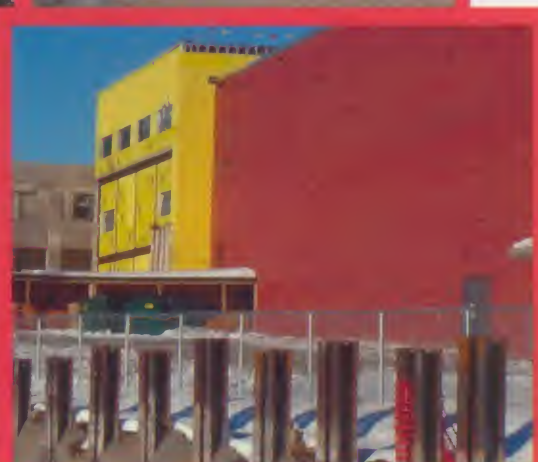
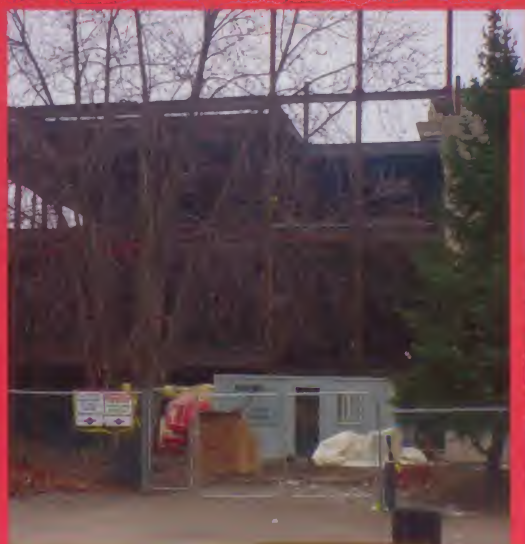
"When the new addition is added we hope to still use the Walker Building in the same manner because of our success in studies," said Lee.

With the completion of the new building, it was time to give up the 1912 original building for a year in order to add a whole new air conditioning system and remodeled classrooms. This summer East will see a new fine and applied arts centers, a new community center, and a gymnasium added.



Renovation Update





Renovation Update



What's Hot Not

Story/Layout by Erica Sholley

Every year, new styles of clothing and accessories become popular. Often, people look to their favorite celebrities for the latest trends.

"I love being a trendsetter. The most important thing for me when picking out clothes is to just be comfortable," said actress **Jennifer Aniston**, according to ym.com.

Teens spend hundreds of dollars buying the latest styles only to find out that next month the trend will be old news.

"It seems like becomes the latest a month. I wear what comfortable," said

Teens have their shop at. Aeropostale, (located at the new some of this year's

Another big hit

Scheels All Sports because supporting your favorite team never goes out of style. From the Packers to the Vikings and from the Cubs to the Braves, you can't go wrong.

"I love wearing my Packers jerseys. They are my favorite team so why not show it?" said sophomore **Ryan Johnson**.

Magazines are another way to spot the latest trends. All four seasons have different colors and styles. As teens flip through any fashion magazine, they can see the latest shoes, dresses, jeans, hoodies, and accessories.

Shoe styles are also changing from year to year. According to ym.com, Pumas, Phat Farm, Adidas, Sketchers, and Etines are some of the top picks for this year.

Around East, girls can be spotted wearing jean skirts, tank tops, strapless bandeau tops and dresses, and many accessories. Many guys wear carpenter pants, hoodies, sports shirts, and t-shirts. Take a closer look at what people are wearing around East.

"I don't dress to impress people. I wear what I think is comfortable."

-Sophomore Katie Moses

every time something trend, it changes within I like and what is senior **Lacey Chumbley**. favorite stores that they Old Navy, and Hollister, Jordan Creek mall), are top-selling stores.

at Jordan Creek is

Hot!

Boys'
Polo



Corduroy
Skirt



Scarlet Trends





Red & Black Tradition



Boys' Hoodie



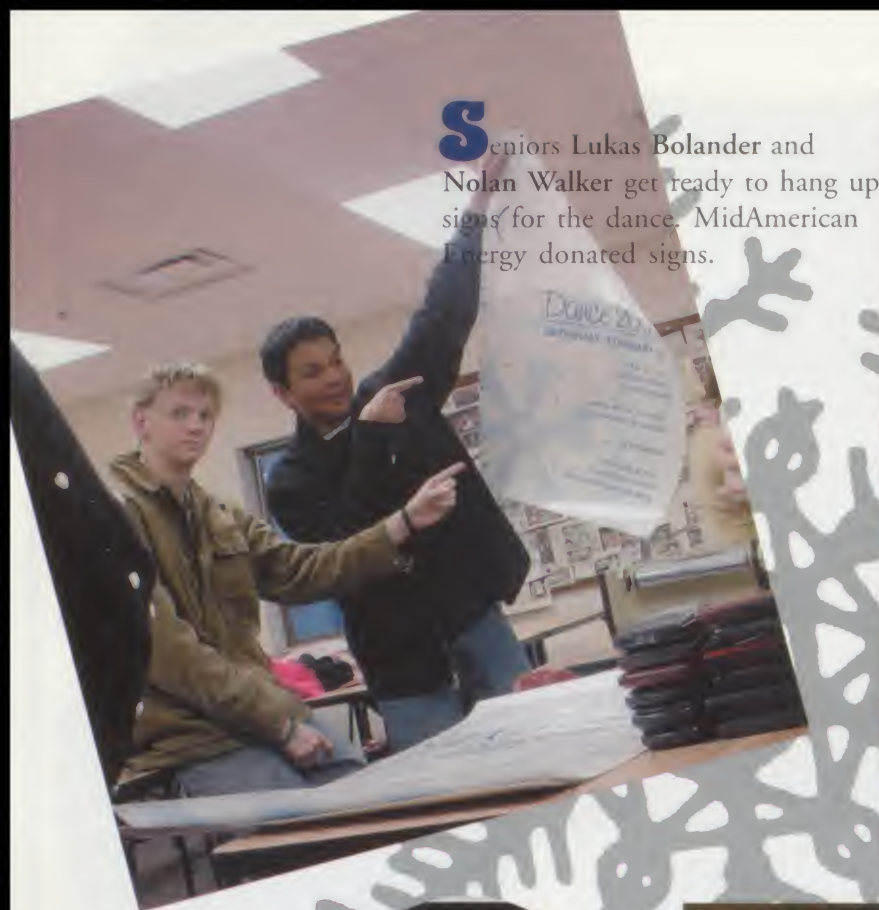
Girls' Hoodie

Hot!

Scarlet Trends



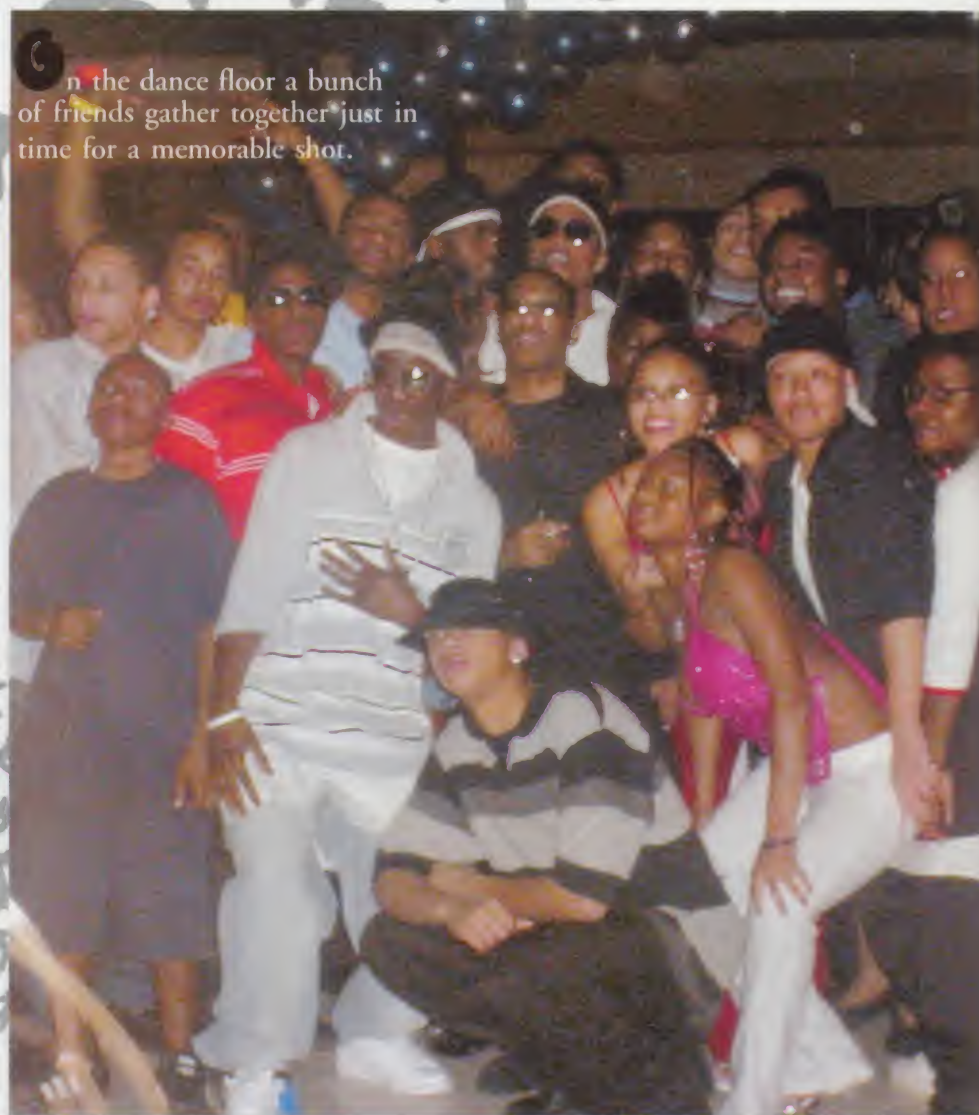
Seniors Lukas Bolander and Nolan Walker get ready to hang up signs for the dance. MidAmerican Energy donated signs.



Everyone dances along to the song "Cha Cha Slide." There were about 600 people there.



On the dance floor a bunch of friends gather together just in time for a memorable shot.



Juniors Alyssa Heggen and Katelyn DeHaan and freshman Kayse Jensen, with their dates, stop dancing long enough to take a picture.

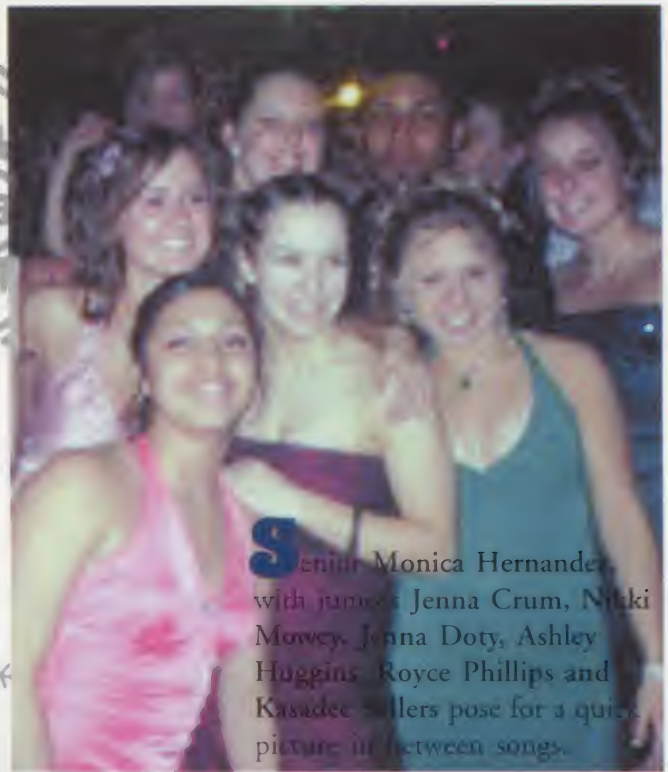


Winter Formal





Juniors Andy Coffman, Royce Phillips and senior Matt Stephenson have a good time at the first annual winter formal on Feb. 26.



Senior Monica Hernandez with juniors Jenna Crum, Nikki Mowcy, Jenna Doty, Ashley Huggins, Royce Phillips and Kasadee Sellers pose for a quick picture in between songs.

a Winter Wonderland

Story by: Nikki Robbins Layout by: Nickie Freel

Where's the dance going to be? How much for a ticket? Is it going to be fun? Who is all going? What day is it? What is it going to be like? What should I wear?

Many East students were asking these questions about the new winter dance.

Winter Wonderland is the new dance that Pep E Club and 12B hosts planned with help from teachers, Robbie Malm and Linda Nemmers. The groups had meetings 2-3 times a week to plan for the dance.

"12B attendance was about 20-30 people, which is way down from past years," said Malm. "Since both dances were around the same time it just made sense to combine them."

The dance was a mixture between Spree and 12B. 12B used to be a junior-senior only dance. While everyone was invited to Spree, mostly freshmen went.

"No one really goes to 12B, I heard that last year was just a joke," said senior Elyse Logan.

This year, Pep E Club and 12B hostesses thought it would be fun to intertwine the dances to see how it would all end.

"Nobody really goes to either of the dances, so maybe the two groups would make this a fun dance to go to," said sophomore Sarah Perkins.

Winter Wonderland was the theme for the special dance and the colors were blue, silver, and white. The dance had hot

chocolate, sugar cookies and other snacks to enjoy. Susan Hook is a senior mom and a teacher who helped with decorations.

"We were going for a very whimsical look. Lots of blues and whites, and wintry objects," said Hook. "Seasonal Concepts donated a lot of decorations and the rest was handmade."

This dance was set up as a Sadie Hawkins Dance, which is when the girls are supposed to invite the guys.

"I think it's a fun idea for the girls to ask the guys but no one really did it," said junior Jenna Doty.

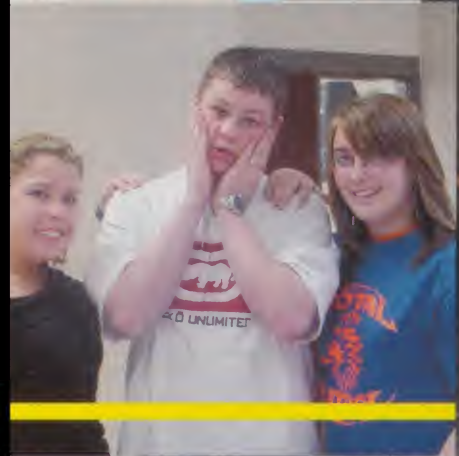
The dance was on February 26 from 8-11 p.m. in the school's new cafeteria. It was the first dance to ever be held in the new cafeteria. The theme song was "Wild Blue Night" (from the movie *Summer Catch*). The dance was more casual than Homecoming or Prom. Girls wore dresses from short to long, nothing too fancy or formal, and the guys wore anything from jeans to tuxedos.

"A bunch of us girls got short black dresses to show off our cute shoes," said Doty.

The dance had a court like Homecoming, and to match the theme it was Prince and Princess, instead of Queen and King. The Top Five got nominated, and then they were narrowed down to just three girls and three guys. At the dance they chose just one girl and one guy for the senior royalty.

The dance was something new that everyone enjoyed and hopes to have again next year.





People: Pieces of the Puzzle

we are the pieces that make the game. Like a game, life throws us obstacles that push us back and keep us from our goals. We rejoice in an accomplishment and continue to strive to the end. We, the students, the ones who make up Scarlet Life come together to show our colors. To make the pieces of the puzzle come together and stand out in the end.

Superior Nice Enthusiastic

[Abbreviation legend on page 28]

AGUAYO-TORRES, SILVIA—AL; Basketball 1-4; NCYL; SB 1-8;
Soccer 1-8; Volleyball 3-8. ISU
ALTHAUS, ALAN—Baseball 1-8; Basketball 1-2; Football 1-
2; PEP 3-8; Wrestling 3-6. UI
AMBROSON, NICKOLAS—AL; Basketball 1-4; Football 3-4. ISU
ANDERSON, CHRISTINA



ATCHISON, MIRANDA
AUGSPURGER, ALISON—AL; Cheerleaders 3-4; Mixed Choir
1-2; NCYL; NHS; OA 2-6; PEP 1-8; Spanish
Club 1-4; Sr. Board; Treble Choir 3-6;
Volleyball 1-2.
BAINTER, CASSI—Prep Choir 1-2; Quill 5-8 (Design Ed.);
Soccer 1-8; Sr. Board; Steppers 3-8.
Grand View
BALDERAS, MARISOL



BARTELSON, MEGAN
BARTLING, LINDSAY
BARTON, MATTHEW
BEAL, NICHOLAS



Layout by: Katelin Eaton.



Senior Class

Optimistic Social Intellectual Respectful



BEALS, DREW—Baseball 1-8.
BEAVERS, JESSICA—Cheerleaders 3-8; Softball 1-8; Sr.
Board; Track 3-6; UN Trip. Mount Mercy
BERNARDINO, DUSTIN
BIRT, LISA



BLACK, ROBERT
BOLANDER, LUKAS—Baseball 1-4; Basketball 1-2; Football 1-
8; PEP 7-8; RIP 5-8; Sr. Board; Swimming 3-8;
Track 3-8. Army Reserves
BOLDEN, KRISTINE
BOLTEN, TIMOTHY—AL; Baseball 1-8; Football 1-8; Scroll 5-
8; Swimming 1-4.



BOTTS, ASHLEY
BOUSSELOT, HOLLY
BOWMAN, ALICIA—French Club 3-6 (Sec.); LC; OA 7-8; PEP
7-8; RIP 7-8; Sr. Board; Treble Choir 3-7.
BRADFORD, KEVIN—AL; Class Officer (Treas.); NCYL; NHS;
Prep Choir 1-2; Sr. Board; IHSSA; Dest.
Imagination 3-4.

Senior Class



BRIGHT, PAUL
BRINSON, MICHAEL
BROOKS-FERNANDEZ, AMANDA
BROOKS, KELSEY



BROWN, JERICA
BROWN, KATILIN—AL: Soccer 1-8; Sr. Board.
BRUMM, TARYN—OA 3-4; RIP 3-4; School Play 3-4; Scroll 7-8; Sr. Board; Steppers 3-8; Theater Arts 3-4; Volleyball 1-2; IHSSA.
BRUNER, MEAGHAN—Basketball 1-8; French Club 1-4; Sr. Board; Track 1-8; Volleyball 1-8; GEAR UP, Grand View



BUCKNER, ANDRE
BUNCE, NICHOLAS
BUSH, COURTNEY—AL: Concert Band 3-8; Jazz Band 5-8; Marching Band 3-8; Sr. Board; Teacher Helper 3-8. UI
BUSH, KARI—LC 1-8; Mixed Choir 1-6; RIP 3-8; Sr. Board. DMACC



CAMPBELL, JACOB
CANAS, JR., HELIO
CARSON-SPARKS, ADAM
CARSON, JARELL



CARTER, ANTHONY
CASILLAS, CHRISTOPHER
CAVAN, KIMBERLY—BPA 5-6 (Sect.); NCYL: SG 5-6. ISU
CEBALLOS, GUSTAVO



Layout by: Kilgore Trout.



Senior Class



CEBALLOS, SAUL
CHAPMAN, DAWN
CHRISTIE, AMANDA—Cheerleaders 1-8; PEP 1-2; Scroll 3-4;
Student Helper 3-6. Waldorf College
CIUMBLY, LACEY



CLARK, ADAM
COATES, AMBER
CONNER, AMANDA
CONSOLVER, BRADLY



CONTRERAS, CESAR
COZAD, CHRISTOPHER
CZIZEK, AMBER
DAMSCHRODER, NICOLE



DAUGHARTY, KRISTINA
DAVILA, VICTORIA
DAWSON, CASEY—AL; Basketball 1-2; Cross Country 5-6;
Golf 1-8; NHS; Quill 5-8 (Copy Ed.); Sr. Board;
SG 5-8 (V.P.).
DE LA CRUZ, VIVIAN—AL; PEP 7-8 (Treas.); Quill 5-8 (Co-
Ed.); SB 1-8; Sr. Board; SG 7-8 (Sect.); GEAR
UP 1-8. ISU



DELIC, ALDIJANA—SDS 5-6. Grand View
DENNING, ANDREA—Cheerleaders 1-4; OA 3-8; PEP 3-6;
Softball 1-2; Sr. Board; Steppers 5-8 (Co-
Capt.); UN Trip.
DJUKIC, IVANA
DUDLEY, HAROLD



DUNCAN, PHILLIP
DUNHAM, JOSHUA
DUNKIN, JENNA
EARLES, RYAN



EATON, JUSTINE —Spanish Club 5-8; PEP 7-8; Sr. Board; SG 7-8. UI
EATON, KATELIN —AL; Basketball 1-4; PEP 1-8; Photojournalism 5-8; Quill 5-8 (Photo. Ed.); SS 1-8; Softball 1-4; Sr. Board; Track 1-8. UI
EDWARDS, JOHN
ENOS, SARAH



EPPING, DOUGLAS
ERICSON, LUKE —French Club 1-2; Wrestling 1-4.
EZZIO, DAVID
FANE, CHRISTINA



FAST, JUSTIN
FERREYO, ROXANA —Basketball 1-2; Cross Country 3-8; Spanish Club 1-2, 7-8; Sr. Board; Track 1-8; SB 1-8. ISU
FISHER, BROOKE —Basketball 1-8; Track 1-8; Volleyball 1-8.
FITZGERALD, JAMES



FLIPPING, ANDRE
FOGLE, NICHOLAS
FONTANA, RICK
GARCIA, ERIKA





GARLAND, JEFFREY
 GARRISON, NICOLE
 GIDDINGS, ALEXANDRA —AL; PEP 1-4; PEP 1-2; Spanish Club
 1-2; Swimming 1-8 (Capt.); Bowling 3-6.
 Grand View
 GLOVER, DAVID



GOFF, AMANDA —BPA 7-8. AIB
 GOODPASTER, ASHLEY
 GOWIN, KYLE —Concert Band 1-8; Football 1-2; Jazz Band
 1-8; Marching Band 1-8; Swimming 1-8; Jazz
 Combo 3-8.
 GRAHAM, MORGAN —AD 5-8; French Club 1-6; Orchestra 1-
 8; Sr. Board; Chamber Orchestra 1-8.
 University of Hawaii



GRENELL, SKYLER
 GRIFFITHS, ALLISON —NHS: PEP 1-4; Softball 1-2; Swimming
 1-8; UN Trip.
 GUTIERREZ, JR., ALFREDO
 HALVERSON, MATTHEW



HANKE, MELVA
 HARMON, MICHAEL
 HARMSEN, HOWARD
 HARRINGTON, ALLEN



HART, JOSEPH
 HART, TINA
 HASTINGS, ANDREW
 HAZELWOOD, ADAM



HAZELWOOD, CLISTA
HEDBERG, HEIDI
HEIM-PARKER, CHASTA
HELM, DEAN



HERNANDEZ, CARLOS
HERNANDEZ, MONICA
HIATT, TASHA
HIBBEN, CARISSA —Basketball 1-2; Cheerleaders 3-8; OA 3-6;
School Play 3-4; Scroll 7-8; Sr. Board; Theater
Arts 3-4; Track 1-8; Volleyball 1-8.



HILL, ROBERT —Football 1-8; PEP 5-8; RIP 3-8; Track 1-2;
Wrestling 3-4.
HOANGVAN, DEAN —AL; French Club 1-2; Fusion 3-8; Sr.
Board; GEAR-UP 1-8. ISU
HOCHMUTH, CHRISTOPHER
HOOK, LINDSEE —Basketball 1-6; PEP 7-8; Volleyball 1-8; Sr.
Board.



HOUSLEY, JODI
HOWSER, TIFFANY —BPA 7-8; Basketball (Mgr.) 3-4, 7-8; Sr.
Board. UNI
HUFFMAN, JOSEPH
HUYNH, THUY —AL; Cross Country 3-8; French Club 1-4;
NCYL; NHS; Sr. Board; OA 1-2; Prep Choir 1-
2; Quill 5-6; Tennis 5-8; Track 1-2; Bowling 7-8.
ISU



JANSSEN, RAHNI —Basketball 1-2; BPA 7-8; Golf 1-8; PEP 5-
6; Sr. Board.
JOHN, LADU
JOHNSON, AARON
JOHNSON, DERRICK —Football 1-2.





JOHNSON, KENTERRIL
JOHNSON, TASHAWNDA
JONES, JEFFERY
KALWISHKY, ANDREW



KAVAN, KHONESAVANH
KENNEDY, STEVEN —AL; Cross Country 7-8; Jazz Band 5-8;
Track 1-8; Bible Study 1-8.
KHODAI, AMANDA —PEP 5-8; Quill 3-8 (Co-Ed.); Steppers 1-
8 (Capt.); Sr. Board.
KNODEL, MICHAEL



KOURI, NICOLE —Basketball 1-8; Softball 1-8; Track 1-8; Sr.
Board; Volleyball 1-2. Minnesota State
University
LAGONA, CELESTE —Key Club 7-8; Show Choir 7-8; UN Trip;
Soccer (Mgr.) 3-8.
LAGRANGE, DAVID
LAMME, WESLEY



LANDERS, BRODY
LANGE, NICHOLAS —AL; Baseball 1-8. Basketball 1-4; NCYL;
NHS; Sr. Board; Football 1-6; Marching Band
1-2; Soccer 5-8; Track 1-4; GEAR UP 1-8
LARSON, CRYSTAL
LATCHAM, ERICA



LEE, JORDAN
LIN, YE
LLOYD, DAVID
LOCKE, TYLER



LOGAN, ELYSE —AL; Cheerleaders 1-8; Prep Choir 1-2;
 NCYL; Softball 1-6; Sr. Board; Track 3-8. UI
 LONG, KATIE — Cheerleaders 3-4; OA 5-8; Sr. Board.
 LOVAN, AILEE — Soccer 1-2; UB 1-8. Grand View
 LOVAN, KATY — Soccer 1-2; SG 1-8; UB 5-8; GEAR UP 1-8.
 ISU



LOVE, AARON
 LOWN, KATHRYN —AL; Cross Country 5-8; NHS; Quill 5-8
 (Org. Ed.); Sr. Board 7-8.
 MARQUEZ, MAURICIO
 MARROQUIN, YADIRA



MANSON, SHANE
 MAYES, ANGELA
 MCCAFFERY, BRENT
 MCCALLISTER, MEGAN



MCGINNIS, DANIELE
 MCNEELY, BRANDON
 MERRYFIELD, BRYAN
 MILLER, AMY —AL; NCYL; OA 3-6; PEP 1-8; Scroll 5-8;
 Spanish Club 3-4; Sr. Board; SG 7-8.



MILLER, ANNA —Mixed Choir 3-4; PEP 5-8; Spanish Club 5-
 6; Sr. Board; Steppers 5-8; Treble Choir 5-6;
 Bowling 7-8.
 MILLER, JEREMY —AL; Concert Band 1-8; Golf 1-8; Jazz
 Band 1-8; Marching Band 1-8; Scroll 5-8;
 GEAR UP 1-8. Simpson College
 MOHLER, JR., MARTIN
 MONGAR, JOHN





MOODY, IZAAK
 MOORE, GEOFFREY —RIP 5-6; Sr. Board; SG 3-8 (Pres.) UB
 3-8; GEAR UP 1-8; Fusion 7-8; Debate 5-6;
 Golf 1-2
 MORLAN, AMANDA —Chamber Choir 7-8; Mixed Choir 3-4;
 Orchestra 1-8; Treble Choir 5-6.
 MOSQUEDA, JOSHUA



MUJAKOVIC, ELMA —Cheerleaders 3-8; French Club 1-2; PEP
 1-2; Soccer 1-4; Sr. Board.
 MULLIN, ERIKA —AL; OA 4-8; PEP 7-8; Scroll 5-8; Sr. Board;
 SG 7-8; Volleyball 1-3, 7-8; GEAR UP 1-8.
 MUNYON, HEATHER
 MURILLO, MARIANA



MURRAY, KASEY
 NAVARRO, SOFIA
 NEGRETE, DAVID
 NELSON, JOSHUA



NGUYEN, THAHN —Academic Letter.
 NORTON, JAMES
 OCHOA, JEREMY —Mixed Choir 1-2; Sr. Board.
 OLIVER, ERIC



OMUNDSON, NICOLE —AL; NCYL; NHS; Scroll 1-8 (Co-
 Editor in-Chief 7-8); Sr. Board.
 ORDAZ, RUBEN
 ORTEGA, MAYRA
 PAGE, AMY



PARSONS, ALEX
 PAZ, JUAN
 PINCOCK, REBECCA —Golf 1-4; Orchestra 1-8; Spanish Club
 1-2, ISU
 PETERSEN, ASHLEE —Softball 1-8; Sr. Board; Steppers 1-8;
 Track 1-4; UN Trip, Grand View



PETERSON, TJ
 PETRIE, ARIELLE
 PHILLIPS, JULIA
 PHILLIPS, MARYBETH —Color Guard 1-8; OA.



PIATT, DANA
 PREAS, AMBER —AL; NCYL; NHS; PEP 1-2; Steppers 3-8.
 QUINTANAR, LUIS —Cross Country 5-6; SB 1-8; Soccer 3-8;
 Sr. Board ISU
 RAMIREZ, BRANDON —AL; Basketball 1-2; Class Officer 7-8
 (V.P.); Football 1-8; Kiwanian; OA 3-6; PEP 5-8
 (Pres.); RIP 5-8; Spanish Club 3-6; Sr. Board;
 Swimming 3-4; Tennis 7-8. Army Reserve



RAMIREZ, MAGDA
 RAMIREZ, MIGUEL
 RANKIN, ASHLEE
 RAUS, JELENA —Basketball 1-2; Mimes 3-4; PEP 1-2; Prep
 Choir 1-2; Sr. Board; Steppers 3-4; Theater
 Arts 5-6; Track 1-8 ISU



RAYGOZA, ILIANA
 REEDHOLM, JENNE —Debate 1-2; Equip. Mgr 5-8; Mixed
 Choir 1-2; Soccer 1-8; Swimming 1-8 (Co-
 Capt); GEAR UP 1-8; Lady Scarlet Choir 3-4.
 RICHARDSON, JOSHUA
 RILEY, SHANNA





RIVERA, ANTONIO —AL; Soccer 7-8; Swimming 7-8;
UB 3-6; ISU

ROBBE, JENNIFER
ROBY, BRIAN —Concert Band 1-8; Jazz Band 1-6; Marching
Band 1-8; Scroll 5; Sr. Board;
Swimming 1-8; ISU

RODRIGUEZ, DERECK



ROJAS, KENIA
ROSS, TOBIAS
ROUSH, MELINDA
ROWE, DOUGLAS



SALLAH, ROHEE
SAN ELIAS, LAURA
SAULS, ASHTON
SCARBROUGH, ANNA



SCHAMERHORN, JOSEPH
SCOTT, TRAVIS —Football 1-8; Track 1-8.
SENGAPHONE, SUNNY —AL 7-8; French Club 3-4; OA 5-6; Sr.
Board; Tennis 7-8.
SENGSIRIVANH, ANOUSONE



SHERRARD, MARK
SHOLLEY, ERICA —Basketball 1-2; Cheerleaders 3-4; OAS-4;
Quill 3-8; RIP 1-4.
SLOAN, MATTHEW
SMITH, AMANDA



SMITH, JAMES—AL 5-7; Concert Band 1-8; Jazz Band 1-8;
Marching Band 1-8; NHS 5-8; Swimming 5-6.

SMITH, KELLY
SMITH, TIFFANY
SMITH, TYLER



SNYDER, ROBERT

SORENSEN, JACQUELINE—Concert Band 1-6; Marching Band 1-8; UNI

SOULINTHAVONG, DONNA—AL 1-6; French Club 3-8(Treas.);
NCYL; NHS (Vice Pres.); PEP 7-8; Prep Choir 1-2.

SPECK, SHELBY



SPENCER, STACEY

STEPHENS, KALE

STEWART, AMANDA

STEWART, SHANNON—AL 1-8; Color Guard 1-8 (Capt. 7-8);
Concert Band 1-8; Equip. Mgr. 3-8 (Girls
Swimming); Kiwanian; Marching Band 1-8;
NCYL; NHS; Scroll 5-8 (Co-Ed. 7-8); Swimming
1-2; Bible Study. Emmaus Bible College



STRAHL, ANDREW—Football 1-8; PEP 5-8; Spanish Club 3-8;
GEAR UP 1-8.

SUGGETT, PATRICK—AL 1-8; NCYL; NHS (Pres.); Swimming 1-8;
UN Trip; Destination Imagination 1-4.

TATE, JHERIS

THAMMAROTH, SISAMONE—AL 1-8; Art Club 1-2; BPA 5-6
(Reporter); NCYL; NHS; Sr. Board; SG 5-8
(Treas.).



THOMPSON, MELISSA

TONSI, SHARON—Golf 4-8; Mixed Choir 1-2; Sr. Board;
Steppers 5-6; SG 7-8; Photojournalism 3-4;
DMACC.

TUCKER, KRYSTAL

TURNER, TINA





TYLER, AMBER—AL 1-8; Cheerleaders 1-8; NCYL, NHS (Sec.); OA 1-2; PEP 3-6; Prep Choir 1-2; Quill 5-8 (Social & Stu. Ed.); Sr. Board; SG 7-8
Creighton College
TYLER, KERRY—Iowa School of Beauty
VAN GUNDY, ANDREW



VASEY, ASHLEY—Cheerleaders 3-6; PEP 1-4; Track 3-4
VAZQUEZ, FERNANDO
VILAVONG, DAVID
VILLANUEVA, CRISTAL



VOJVODIC, MIRJANA
WADSWORTH, MARCUS
WALDRON, NICOLE—AL 1-2; Cheerleaders 3-8; PEP 7-8; Prep Choir 1-2; Scroll 5-8; Soccer 1-8; Spanish Club 5-8; Sr. Board; SG 7-8
WALKER, NOLAN—AL 1-4; Class Officer (Pres.); Cross Country 3-8; Debate 5-8; OA 5-6; PEP 7-8; RIP 5-8; SDS 3-6; Spanish Club 3-8; Sr. Board; Track 3-8
WEATHERALL, MYRA—AL 1-8; PEP 7-8; SB 1-8; Softball 1-4;



Spanish Club 1-8; Volleyball 1-8. ISU
WENNEKAMP, DEREK
WESTLAKE, DUSTIN—Basketball 1-4; Photojournalism 7-8; Sr. Board; Swimming 7-8; GEAR UP 1-8; Grand View
WHISENAND, CHASITY



WHITAKER, BREANN—Soccer 1-8; Theater Arts 1-2
WHITNEY, ELIZABETH
WIGNALL, SARAH—Basketball 1-2; Track 1-8; Volleyball 3-4
WILLIAMS, ANN
WILSON, TODD



WILSON, TOM
 WOOD, CHELSEY
 WOOLSON, JOSHUA
 YAKUBU, JAMILA— NCYL, NHS; Quill 5-8; RIP 5-8; Sr. Board;
 SG 5-8; Channel 12 News Team 7-8; UI



YASSIN, JEREMIAH
 ZIEGLER, JOSHUA
 ZUBULAKE, NICHOLAS



SENIORS NOT PICTURED

Kevin Alarcon	Yolanda Dotson	Daniel Nguyen
Monika Aloung	Jeff Elliott	Giao Nguyen
Jeremy Amerison	Perry Erickson	Corey O'Conner
Anishkumar Amrutlal	Richard Field	Jose Orozco
Donald Anderson	Anthony Fields	Antonio Ortega, Jr.
Crystal Antelman	Ralph Foley	Mireya Perez
Donald Arpy	Jameson Gerstenberger	Vinh Phan
Karina Arroyo	Tina Gimzo	Rocky Phetdavieng
Juvenal Avila	Demarcus Gines	Patrick Pollard
Damouck Baccam	Dermonta Gines	Bradley Pollock
Jeremy Bales	Adolfo Gonzalez	Jacob Pray
Eugene Beakler	Glen Graspy	Khanh Quach
Jeremiah Bedwell	Jason Gray	Jorge Ramirez
Armando Bernardino	Steve Greene	Nicholas Rattray
Daniel Bernardino	Bradley Hanawalt	Suzan Sanachit
Jenifer Berst	Benjamin Heaberlin	Randi Schooley
Kenneth Blair	Michelle Houghton	Daniel Schultz
Kelsey Boattenhamer	Ashley Irvin	Ashley Scott
Richard Bolden	Sobe John	Kevin Senephansiri
Angela Boley	Jacqueline Johnson	Paul Shipman
Nicole Brown	Jamie Johnson	Edward Shorter
Jennifer Calvache	Tyrone Johnson, Jr.	Samantha Smith
Zaida Canas	Melinda Jones	Adam Spooner
Ramiro Cardenas	Khao Khamsai	Nicholas Sullivan
Tiffany Carlson	Inpone Khanthavong	Reeio Sumabat
Mikea Carson	Kyle King	Robert Thompson
Erica Carter	Pedro Leanos	Vixay Thongdam
Cory Cason	Chamee Lee	Christopher Tillman
Joseph Channon	Paul Lester	Stanley Ukpan
Todd Claiborne	Jasmine Lewellin	Matthew Waddell
Jociana Clark	Jammy Lovan	Shannon Wagner
Tamara Clark	Terrance Lovelady, Jr.	Kenneth Welton
Alexander Clay	Frank Lowery	Craig Whitney
Tasha Coe	Aginda Lu	Robert Wiese
Robert Conn	Maria Maceda	Steven Wieskamp
Peter Cooper	Gricelda Ramirez	Darin Williams
Sheena Cunningham	Reneisha Mason	Travis Williams
Kevin Davila	William McClain, Jr.	Shawna Wolfe
Alissa Decklever	Ronald McConnell	Jessica Worley
Jaysen Delpierre	Walter Menendez	Krystal Worthington
Bryan Doornenbal	Joseph Monaco	Travis Wright
Joann Dorrian	Yadira Moreno	Toby Zimmerman

Abbreviations

AIB.....American Institute of Business
 AL.....Academic Letter
 BPA.....Business Professionals of America
 CB.....Career Beginnings
 DMACC.....Des Moines Area Community College
 ISU.....Iowa State University
 JA.....Junior Achievement
 JROTC.....Junior Reserve Officer's Training Corps
 LC.....Leadership Council
 NCYL.....National Council on Youth Leadership
 NH.....New Horizons
 NHS.....National Honor Society
 OA.....Office/Library Aide
 PEP.....Pep "E" Club
 SB.....Science Bound
 SG.....Student Government
 SS.....Scarlet Standout
 UB.....Upward Bound
 UI.....University of Iowa
 UNI.....University of Northern Iowa

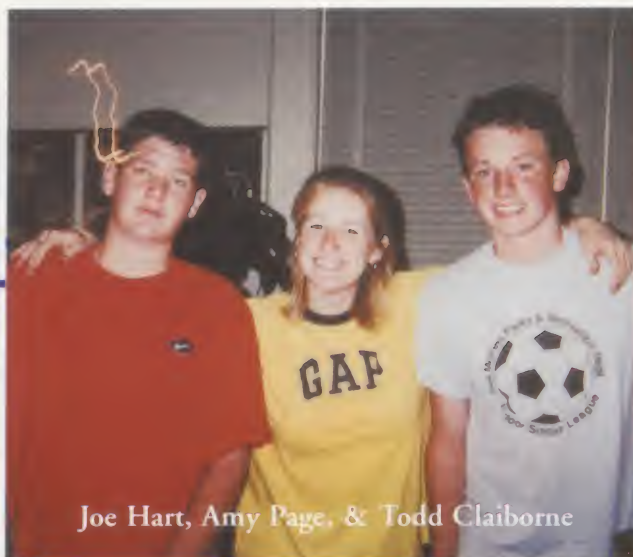




"I was going to the restroom and the janitors locked me in.

I was in there for about an ten mintues until someone finally heard me yelling."

-Senior Cesar Contreas



Joe Hart, Amy Page, & Todd Claiborne



Gustavo Ceballos, Alfredo Gutierrez, & Juan Par

Taryn Brumm, Amber Preas, Shannon Stewart, Susan Sanachit, Vivan de la Cruz, & Carissa Hibber

The Good Old Times

Story/Layout by Greg Zubulake

As you become a senior, you can't help but think about the friends that you won't see when you head off to college. You start to remember the little things that you and your friends did from pre-school all the way up to high school and those are the times that you cherish the most.

A part of you wants to stay a senior and never leave your friends; the other part wants to move on to bigger and better things. For East seniors, some of the memories are exciting and cool; others are heartbreaking and sad. But they will always remain.

Here are some memories from the Class of 2005...



Marcus Widsworth & Josh Dunham

"President Bill Clinton came to Hiatt and the 8th graders got to watch him live, while the 6th and 7th graders had to watch it on TV."

-Senior Alan Althaus



"Our principal at Goodrell took away our Adventureland trip for the whole class because they said that we were acting up and not respecting other people, it was really sad."

-Senior Jenna Dunkin



Silvia Aguayo, Laura San Elias,
Roxana Ferrey



Kelsey Burns, Cassi Bainter, Katelin Eaton,
Christina Fane, Sarah Enos,
& Sarah Wignall



Wrex Hill, Jeremy Lippert,
Justin Winters,
Richard Field, & Nick Fogle



Jodi Housley, Katelin Eaton, & Erica Latcham

"On the last day of 7th grade, I wrapped myself up in Christmas lights and sang "Oh Christmas Tree" during English class."

-Senior Carissa Hibben



Shelby Speck, Roxana Ferreyro, and
Megan Bartelson



Memories Last Lifetimes

Story/ Layout by Amanda Khodai

When senior Rahni Janssen sits back ten years from now and thinks about her high school years, she will always recall her freshman year when her basketball coach sat down on a chair and broke it.

Janssen is not the only one that will have great memories from her high school years. Memories stick for years to come, and make for great stories.

Memories can be good, others are bad and some are just funny. But sports always seem to stick out like a sore thumb.

"A memory I'll always have is my sophomore year running at state in the 4 x 800 meter relay at Drake," said senior Nick Lange.

Senior Robert Thompson said, "I'll remember all of the events I won during the state track meets and Drake Relays."

Some memories do not come from actual events, but still relate to the sport.

"I'll always remember on the way to a track meet, I was driving with a group of girls on the interstate when the hood of my car flew up and it was raining," said senior Jessica Beavers.

Senior Dusty Westlake said, "One of my best memories came from my junior year when Luke Bolander, Brandon Ramirez, and I painted our faces for basketball games and made the newspaper."

Some memories do not just deal with sports. Some students' memories are of friends, school, and other activities.

"One of the funniest things that I can always look back and laugh at is the 2004 homecoming assembly when principal Tom Lee was riding a bike and fell," said senior Cesar Contreras.

Senior Jodi Housley said, "I'll remember the good times I had with my friends. One is when Ashley Goodpaster, Erica Latcham, Amanda Conner and I went to the Comstock Rock Concert."

"I will never forget the time when I went to Beavers' house and I parked behind her car in the driveway. We ended up leaving and we took her car. She said she could get around my car, but she ended up backing up into my car. I wasn't mad and we just laughed and drove off," said senior Heidi Hedberg.

Janssen said, "No matter what the memories are, they will last a lifetime."

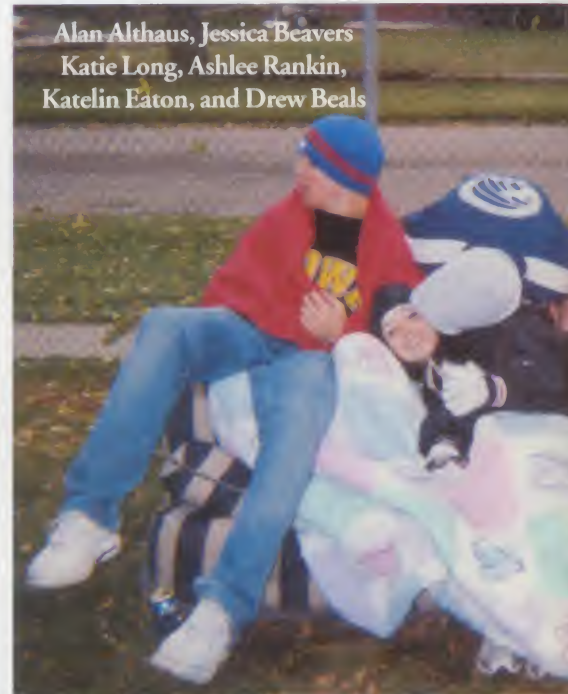


Senior Memories

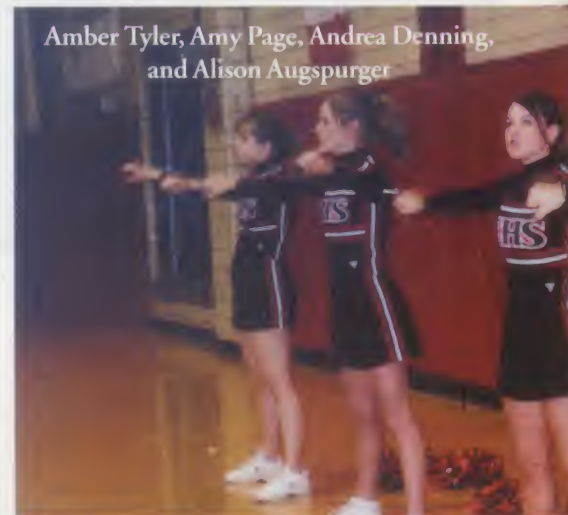
Yadira Macroquin, Vivian de la Cruz, Laura
Melazquez, Laura San Blas, Silvia Aguayo, and
Roxana Ferreyro

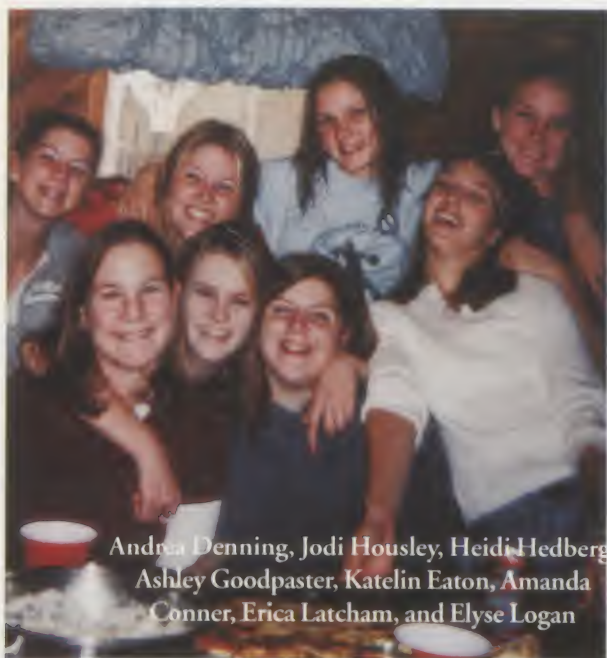


Alan Althaus, Jessica Beavers
Katie Long, Ashlee Rankin,
Katelin Eaton, and Drew Beals



Amber Tyler, Amy Page, Andrea Denning,
and Alison Augspurger





Andrea Denning, Jodi Housley, Heidi Hedberg,
Ashley Goodpaster, Katelin Eaton, Amanda
Conner, Erica Latham, and Elyse Logan



Justine Eaton, Nicole Waldron, Tiffany
Howser, Rahni Janseen, and Myra Weatherall



Ashley Goodpaster, Jessica
Beavers, Jodi Housley, Sarah
Enos, Amanda Conner, Heidi
Hedberg, and Erica Latham



Alison Augspurger and Nicole
Damschroder



Silvia Aguayo, Roxana Ferreyro,
and Vivian de la Cruz



SENIOR SURVEY

TALLEST
TALLEST



Robert Black & Lindsey Barling

QUIETEST
QUIETEST



Inpene Khamthavong & Travis Scott

SHORTEST
SHORTEST



Jammy Lovan & Mimi Sengsirivahn

LIKELY TO SUCCEED
LIKELY TO SUCCEED



Nolan Walker & Tony Hayslin

BIGGEST FLIRT
BIGGEST FLIRT

Robbie Hill & Roxana Ferreyro

LOWEST
LOWEST



Jeremy Amerison & Nicole Kouri

BEST EYES
BEST EYES



Javon Washington & Shelby Speck

BEST LEGS
BEST LEGS



Marty Mohler & Carissa Hibben

BEST SMILE
BEST SMILE



Josh Masjaedi & Sumay Sengaphone

CLASS COUPLE
CLASS COUPLE



Saul Ceballos & Silvia Aguayo

BEST ATHLETE
BEST ATHLETE



Robert Thompson & Meaghan Bruner

MOST SCHOOL SPIRIT
MOST SCHOOL SPIRIT



Alan Althaus & Katelin Eaton

BEST BACKSIDE
BEST BACKSIDE



Robbie Hill & Elyse Logan

FUTURE HALL MONITORS
FUTURE HALL MONITORS



Todd Claiborne & Katie Long

CLASS CLOWN
CLASS CLOWN

Brian Doornthal & Carisa Hibben

BIGGEST SUCK UP
BIGGEST SUCK UP



Kevin Bradford & Amy Page

BIGGEST AIRHEAD
BIGGEST AIRHEAD

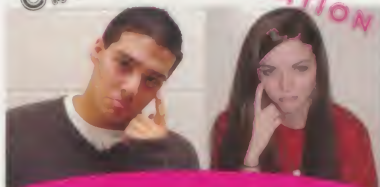
Toby Zimmerman & Katelin Eaton



MOST DRAMATIC

Joe Hart & Nicole Kouri

CRY AT GRADUATION



Brandon Ramirez & Ashlee Rankin

LEADING A HIGH SPEED CHASE

Luke Bolander & Taryn Brumm

BEST CAR



Monica Hernandez & Juan Paz

BEST CAR

WORST SENIORITIS



Ashley Goodpaster & Derek Wernelsamp

WORST CAR

Josh Dunham & Jenna Dunkin

BEST DRESSED



Roxana Ferreyro & Nolan Walker

MOST CHANGED



John Mongar & Jenna Dunkin

BEST HAIR



Drew Beals & Allison Griffiths

SENIOR WILLS

I, Nikki Omundson, will my insanely large wardrobe to my dearest, Lindley Warren, because going to a new school means it's time for me to get some new threads.

I, Kevin Bradford, will my red Chucks (Chuck Taylor Converse All Stars) to Abby Dawson.

I, Brian Roby, will my lane 2 slacking skills to East-Lincoln swimmer Mitch Avitt.

I, Cassi Banter, will my soccer cleats and my skills to Merideth Brenton, good luck with everything may Brad realize your true potential.

I, Lindsey Hook, will my Abercrombie and Fitch leg warmers to my cousin Ashley Steben.

We, Taryn Brumm and Katilin Brown will our ability to bring all the boys to the yard to all the Junior Girls.

I, Danielle McGinnis, will my best seat in Mrs. Strickler's class for my younger brother, Teddy McGinnis, may it be warm when you get there.

I, Amy Miller, will my incredible ability to overcome writer's block and create a literary masterpiece to all my predecessors on the Scroll staff.

I, Erika Mullin, will my white mini-van to my sister, Ally Mullin. Now you can be the one to haul everybody around!

I, Andrea Denning, will my dancing abilities to Emily Dearches, may you breath, stretch, shake and let it go as I did.

I, Ryan Earles, will my lunch everyday at Quick Trip to Kyle Thompson, may you never go hungry.

We, Mary-Beth Phillips and Shannon Stewart, will our amazing senior color guard abilities to Heather Alexander and Daina Williams.

I, Marty Mohler, will my romantic womanizing skills to Matt Grochala, may your nights be long and never lonely.

I, Elvise Logan, Will my red, hot, sparkly sparklies to Jenna Crum, may your tight tush be sparkling!

I, Nicole Kouri, will the Kouri Legacy, to my little brother, Ethan Kouri, may you have as much fun as I did these last 4 years.

I, Jeremy Miller, will my awesome trombone skills to Amanda Bellis. May she continue my legacy as the coolest section leader.

I, Amanda Christie, will my Tuesday radio show on KDPS along with its local listeners to Janice Bitters.

I, Anna Miller, will my alarm clock set to 4:00 am to Ashley Loggins, (Ashley Logan and Ashley Huggins). So, that they will always be on time to aerobics! Rock on, girls!

I, Robbie Hill, will my starting position at Inside Linebacker to my little brother Jimmy Hill, may you treat Groch as good as I did, remember Lee-Township against the WORLD.

We, The T & A Presidents (Katchin Eaton & Jenna Dunkin,) will the Presidency to Eric Howser, Greg Zubulake, and Danny West. Eat, Drink and be merry, for tomorrow we will die.

Senior Wills/Survey



Arabian Nights

Design & Layout by Amber Tyler



Below, juniors **Meagan Mangra, Alyssa Heggen, Katelyn Dehaan, and Stephanie Chubb** rest their feet before the long night. Above, senior friends **Alexandra Giddings** and **Kevin Bradford** hold hands for their professional picture.

The Homecoming dance was a wonderful evening for the students of East High.

Junior **Colin Coulter** said, "I really liked the dancing because I like to dance and I got to dance with a really cute girl."

"The dance was the best especially when the theme song came on because I was dancing with the right person," said senior **Tyler Locke**.

"The decorations were really, really pretty," said sophomore **Lacey Bergan**, "and I liked the DJ too."

Most school functions are critiqued by those who attend.

Senior **Sheena Cunningham** said, "I would've put it in the Walker Building cafeteria. It would've been easier to get to."

"The music wasn't that good. They could've had more of a selection and more lights," said Locke.

Math teacher **Linda Nemmers** said, "The dance went well, but it's too bad that the DJ didn't have more lights."

Coulter said, "I would've changed my date and the selection of music. They started out with Hip-Hop, and that was good at the beginning, but that's all they played. There should've been more of a genre."

Overall, the dance turned out to be a big success.

Cunningham said, "The dance was good. I only went to one other Homecoming dance, but this one was better."

"The students behaved well. They were dressed appropriately," said Nemmers. "It's nice to see them all dressed up."

"It was really fun. I liked the theme and decorations," said Bergan.

"It was very well done," said Locke, "but I don't think it was as fun as last year's. However, ours was pretty good. A lot better than the other high schools'."



Friends sophomores **Mena Ly, Katie Sturtz, Beverly Wagner** and junior **Sandra Smith** huddle together for a group picture.



Homecoming Dance & Court





Right, Charlie's Angels. Sophomores **Lacey Bergan** and **Natasha Siders** ham it up before the dance. Left, alum **Trevor Bird** and seniors **Amy Page**, **Taryn Brumm**, and **Carissa Hibben** take a ride in a stretch limo.



Seniors

James Fitzgerald
Anna Miller

Juniors

Todd Appleby
Samantha Waters

Sophomores

Edgar Delgado
Nikki Robbins

Freshmen

Diondre Gross
Mattison Sellers

→ Homecoming Court Couples

Juniors **Jenna Doty**, **Ashley Huggins**, and **Samantha Waters** take a break from dancing.



JUNIOR

ubulant
nique
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ndependent
rganized
rdiant
cholarly

David Abell
Abdulsalam Abubakar
Gabriela Aguayo
Brenda Aguirre
Andrew Alexander
Heather Alexander
Bobbie Allen



Joshua Allison
Leonardo Alvarado
Nilam Amrutlal
Abel Andrade
Brandon Andrews
Todd Appleby
Jacob Atkins



Teri Ayres
Ashley Baccam
Melinda Baccam
Robert Banner
Julia Baray
Grisel Barron
Elvis Bartley



Layout: Katelin Eaton



Juniors



Kathryn Bauman
Angela Baumeister
Christopher Belger
Dax Bell
Genesis Beltran
Christopher Bennink
Brian Berst



Arielle Bishop
Janice Bitters
Jonathan Bixler
Brittany Black
David Blaine
Shannon Bonwell
Benjamin Borts



Sunny Bounyalath
Taylie Brayman
Meredith Breton
Damien Brown
Michael Brown
Tiffanie Brown
Ashley Buch



Timothy Buell
Crystal Bullock
Samantha Byrd
Veronica Cain
Danielle Cannon
Mindy Carey
Kashif Carson



Joseph Carter
Kenneth Casebolt
Cory Cason
Eric Cavan
Veasna Chan
Connie Chang
Randy Chanthavong



Melissa Christian
Stephanie Chubb
Randall Clark
Tamara Clark
Jessica Cockerham
Valerie Coe
Andrew Coffman



Brittani Coleman
Melissa Coleman
Stephanie Coleman
Nohemy Contreras
Bryant Cooks
Patrick Cooper
Colin Coulter



Brandi Cram
Adam Crane
Jenna Crum
Sheena Cunningham
Brandon Cupp
Aaron Daleske
Daivon Daniels

Juniors



Allison Davies
 Katelyn Dehaan
 Micheal Dellaca
 Justin Denham
 Amy Denning
 Ana Diaz
 Rachel Diver



David D. Dorsey
 Jenna Doty
 Joshua Eaton
 Nicholas Eaton
 Jetoya Edwards
 Douglas Epping
 Kristina Epping



Stacey Etter
 Aasara Felts
 Mary Ferrell
 Emilie Fessler-Boylan
 Brittany Fisher
 Ryan Fitzgerald



David Flores
 Victor Flores
 Angelia Fox
 William Franklin
 Nicole Freel
 Daniel Fry
 Sierra Gallardo



Jonathon Galvan
 Estela Garcia
 Rickie Gilmore
 Dermonta Gines
 Andres Gomez
 Steven Greene
 Lucas Griffith



Jennifer Grimes
 Matthew Grochala
 Deana Grooms
 Jennifer Grove
 Kennaye Grutel
 Codey Haltom
 Joshua Hanawalt



William Harnan
 Courtney Harris
 Tessa Hartman
 Benjamin Hartzler
 Nathaniel Harvey
 Carrie Hatfield
 Darron Haygood



Alyssa Heggen
 Mark Heman
 Jacinta Hernandez
 Michael Hickman
 Tyler Hill
 Casey Hills
 Dandeline Hoang Van



Juniors





Corey Hochmuth
Rachel Holcombe
James Holmes
Thadeus Hoover
Melissa Horner
Mollie Horton
Eric Howser



Shylynn Hudson
Ashley Huggins
Ashley Hughes
Dustin Hunziker
Asrar Ibrahim
Stephanie Izaguirre
Robert John



Erin Johnson
Mallory Johnson
Tashawnda Johnson
Jennifer Jones
Sara Kain
Kari Kellen
Brendon Kerber



Brenna Kimmel
Tyler King
Robert Kirkpatrick
Jessica Krohn
Danielle Kuhns
Lilian Lado
Sharisheka Lamay



Bryan Lampkin
Melinda Lansing
Joshua Lee
Pheng Lee
Sharmaine Lee
Lacey Lechlitter
Bryant Lester



Angie Lin
Whitney Link
Amanda Loeurng
Ashley Logan
Jacqueline Long
Kelsie Long
Lyssette Lopez



Diamona Lovan
Joey Lovan
Tyler Luft
Jose Luna
Maura Luna
Jesse Madison
Janelle Madrid



Meagan Mangra
Daniel Marquez
Jermeze Martin
Brian Mason
Elizabeth Mayes
Anna McCourt
Megan McElderry

Juniors



Christine McVey
Benjamin Melendez
Mark Mendenhall
Daeron Merrett
Robin Mickens
Ashley Miller
Chelsea Miller



Michael Miller
Nicole Miller
David Minikis
Robert Mitchell
Nicole Mowery
Missy Mundell
Malory Murphy



Jessica Nelson
John Nigro
Jacob Opel
Ruben Ordaz
Jason Parker
Nichole Parnell
Jemini Patel



Elyssa Patino
Tyson Patton
Aaron Peek
Johnson Phanouvong
Royce Phillips
Preston Phipps
Christopher Piatt



Brad Pinegar
Joseph Pollard
Patrick Pringle
Gricelda Ramirez
Keisha Rankin
Denny Ratsakanh
Daniel Raya



Alexander Reed
Zachary Reese
Robert Reuskens
Tracy Rhoads
Joshua Richardson
William Richie
Alyssia Rivera



Jennifer Robbe
Tanner Robbins
Anthony Robinson
Ariel Rockey
Jose Rodriquez
Aaron Rogers
David Rogers



Richard Rogers
Olga Rojas
Jamie Rouse
Sarah Rowat
Jaimie Rowe
Alan Ruben King
Kaytie Ryan



Juniors





Nancy Saenz
Nataleen Sakakhanone
Courtney Salazar
Jenny Sawhill
Karen Sawhill
Kelli Sawhill
Monirothan Say



Kasadee Sellers
Andy Sengaphone
Jarae Shelton
Joshua Sholley
Montreal Shorter
Jacob Sleeth
Ryan Slinger



Jessica Smid
Allison Smith
Christopher Smith
Dustin Smith
Mallory Smith
Matthew Smith
Sandra Smith



Stephanie Smith
Paige Sorter
Tanis Sotelo
Tyler Sowden
Joshua Steben
Kortney Stevens
Joshua Steward



Amber Stewart
Lakesha Stigler
Ryan Stockbauer
Valerie Strait
Latisha Streeper
Sarah Strock
Kate Sudbrock



Nicholas Sullivan
Ashley Swanson
Christina Sweet
Spencer Taylor
Michael Teasley
Aleson Teichroew
Eric Thavonekham



Kristie Thomas
Mariesha Thomas
Tad Thomas
Kyle Thompson
Robert Thompson
Thomas Thompson
Kelsey Titus



Maria Tonche
Andrea Torres
Zebereck Townsend
Cassy Trotter
Dana Troyer
Demarco Turner
Dixie Tyler

Juniors



Daniya Valiyeva-Hackett
Shara Van Weelden
Duane Vandenhemel
Imogene Vang
Kou Vang
Seashta Vang
Vanessa Vega



Reyna Velasquez
Reyna Velazquez
Jason Viengvilayvong
Jacob Vincent
Scott Vulgamott
Shannon Wagner
Ashli Walker



Taylor Walker
Andrew Wall
Dustin Wallace
Tomeeka Walton
Marilyn Warner
Lindley Warren
Javon Washington



Samantha Waters
Christopher Watland
Blake Weiland
Jessie Welch
John Wells
Daniel West
Victoria West



Anthony Whelchel
Michael White
Bryan Williams
Dayna Williams
Michael Williamson
Melanie Woltz
Donna Wonders



Chaz Wood
Cody Wren
Lateka Wright
Mathew Wright
Outhai Xaysana
Yout Yingyoth
Chey Anne Young



Tirrell Young
Tonessa Young
Gregory Zubulake
Amanda Zust



Juniors Not Pictured

Appleby, Todd
Arroyo, Cristal
Blackwell, Michael
Bonwell, Shannon
Brubaker, Gladys
Bustamante, Laura
Cooks, Bryant

Curry, Michael
Elliot, Jeffrey
Garland, Jeffrey
Good, Brendon
Ha, Bird
Hart, Ami
Howard, Laura

Karasek, Sara
Leothi, Kathy
Lopez, Cristopher
McNeal, Jared
Mickens, Robin
Negrete, David
Poe, Jessica

Scalise, Tanya
Stephenson, Matthew
Stockbauer, Ryan
Velazquez, Alvaro
Wells, John

Juniors

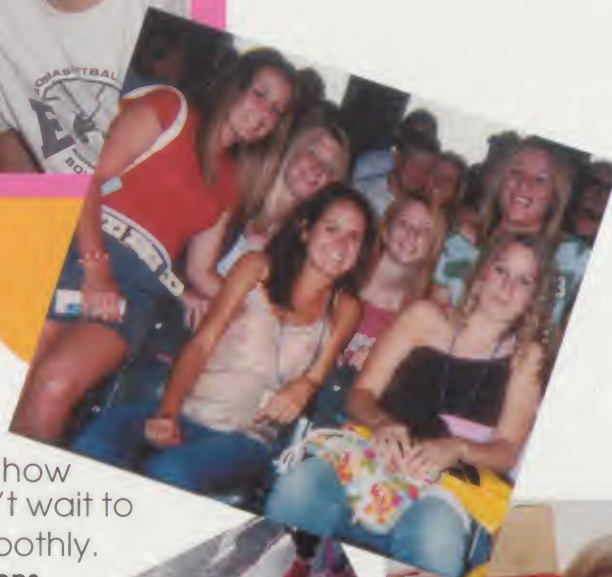


What the Future will Reveal...



Juniors wait in anticipation for their senior year to arrive. Only time will tell what memories will be made. The time spent in high school will always be remembered and the upcoming seniors are planning on living next year to the fullest. These are the days students will look back on for forever. Why not make the best of the year that is left?

I am waiting to see how things turn out. I can't wait to see if things run smoothly.
-Junior **Kortney Stevens**



My schedual next year will be short. I am ready to be a senior next year and to get out earlier.
-Junior **Jon Bixler**



Next year will be entirely different with the new set up an all. We will be the first senior class to represent the "new" East High.
-Junior **David Rogers**

Layout By: Meredith Breton

What the future holds...



Spirit Original Patience Heart Outstanding Mature Out-going Rare Elegant Superb

Rachel Alexander
Ashley Allen
Rambo Aloung
Karl Althaus
Jerraun Amerison
Jerrica Amerison
Kelsey Anderson



Jacob Andrews
Brad Archer
Mendi Armstrong
Heather Atchison
Zachariah Augustin
Cory Babcock
Daniel Baccam



Melissa Baccam
Elizabeth Bailey
Shane Bainter
Justin Bales
Ashley Ball
Benjamin Ballard
Felicia Baltzley



Layout: Katelin Eaton.



Sophomores



Tyraei Barber
Kayse Barker
Jami Bauer
Ruben Bautista
Lacey Baze
Trevor Beals
Ian Beck



Aaron Bembenek
Brandie Bennett
Lacey Bergan
Joseph Bernardino
Adam Binder
Ja'Mar Birch
Bobbiejo Blair



Edgar Blanco
Haley Boattenhamer
Kayla Bohall
Jami Bowen
Tequila Bragg
Thomas Breheny
Edward Brooks



Kevin Brooks
Ryan Brouwer
Blake Brown
Brandon Brown
Jennifer Brown
Kevin Brown
Nicholas Brown



Stephanie Brown
Natasha Brumbaugh
Tiffany Burgess
Alexandra Burgett
Amanda Burgett
Jacob Burkhead
Deron Butts



Matthew Butts
Sean Calaway
Justin Calder
Anthony Calvache
Samantha Cam
Abigail Campbell
Eldon Campos-Anderson



Jennifer Cantwell
Hoang Cao
Joseph Carr
Dalila Carrasco
Blake Carter
Max Cavan
Juana Ceballos



Judith Ceballos
Scott Chapman
Benjamin Chappell
Wichang Chawech
Donisha Cheatom
Travis Christensen
Brandie Chumbley



Devin Cipperley
Samantha Cline-Hoskins
Daniel Cochran
Misty Coleman
Kianna Colton
Jessica Coltrain
Rene Contreras



Joshua Cook
Chaney Crabb
Alicia Dale
Leah Dank
Sierra Darby
Tiffany Daugharthy
Carlton Davis



Chantelle Davis
Kimberly Davis
Lucas Davis
Mary Davis
Staci Davis
Tylor Davis
Jennifer Davison



Abigail Dawson
Emily Dearchs
Daniel Deaver
Aaron Degoey
Edgar Delgado
Thomas Dellaca
Aaron Densley



Jessy Dentler
Chelsea Devilbiss
Carl Dillon
Bojan Djukic
Darie Douch
Joshua Douglas
Jesse Drake



Austin Draude
Denise Drayton
Jerilyn Dudley
Kacie Eggen
Dearess English
Amanda Enoch
Lindzy Enos



Paulina Escobedo
Imelda Estrada
Ashley Etter
Bradley Evans
Douglas Feldmann
Adam Fisher
Tanner Fisher



Matt Flag
Amy Flaherty
Lacy Flaherty
Kimberly Fleming
Roberto Flores
Michael Foreman
Breanna Fousek



Sophomores



Rachael Fowler
Scott Fowler
Michael Franklin
Demetrius Frazier
Jennifer Fritz
Robert Frye
Randy Fudge

Samantha Gagle
Guadalupe Garcia
Paula Garcia
Jeffrey Gering
Timothy Gibson
Desirae Gillespie
Victoria Gilliam

Stephaney Gillihan
Claire Glover
Marcel Goben
Jason Golden
Bryan Gomez
Luis Gomez
Brandi Graspy

Andrea Green
Melody Gregg
Hannah Grimm
Joseph Grimm
Megan Groover
Abigail Grover
Andrea Gulling

Gregory Gunia
Johnathan Hague
Derek Hale
Stephanie Halferty
Stuart Hall
Sara Hanlin
Hannah Harclerode

Trevor Harger
Jessica Hargis
Amanda Harmon
Jennifer Harmon
BJ Harvey
Sahara Harwood
Dustin Hatfield

Brian Heaberlin
Ryley Hedberg
Kaeli Helm
Robert Helm
Tiffany Helm
Erica Hernandez
Jessica Hernandez

Jessica Hernandez
Jose Hernandez
Kole Heuermann
Curtis Hickie
Nick Higgins
Ryan Hilding
James Hill

Sophomores



Jessica Hill
Leslie Hill
James Hilt
Jerry Hols
Blake Horch
John Houston
Ricky How



Chen Yao Huang
Benjamin Hurley
Christopher Huynh
Neil Issa
Joseph Janes
Anthony Janssen
Cody Janssen



Matthew Jeffers
Ronnie Jeffries
Adam Jensen
Allison Jensen
James Jewell
Cristobal Jimenez
Aaron Johnson



Anthony Johnson
Jerry Johnson
Marcus Johnson
Michael Johnson
Ryan Johnson
Sylvia Johnson
Trista Johnson



Angela Jones
Ashley Jones
Laurie Jones
Aaron Jordan
Whitney Kappelman
Michael Kelleher
Jenna Kellen



George Kellogg
Shane Kellow
Whitney Kelly
Stephanie Kernes
Patrick Kerr
Jessica Khammany
Vilailack Kheuakham



Diw Kiir
Kyle Kilby
Kelsey King
Andrew Kingery
Timothy Kommavongsa
George Kranovich
Charity Krivolavy



Michael Kuehler
Tyler Larson
Dawayne Leach
David Leanos
Marilu Lechuga
Delashawn Lee
Jeremy Lewis



Sophomores



Samuel Lijadu
Megan Lloyd
Latisha Lockhart
Bryan Loftus
Stephanie Lord
Timothy Lottie
Nicholas Lovan



Anthony Lozano
Alixandria Lu
Thinh Luong
Mena Ly
Jennifer Lyon
Ignacio Maceda
Danny Madison



Linda Madison
Russell Madison
Emmanuel Magang
Nyandiet Magang
Rebecca Mallett
Joshua Maples
Kylie Marble



Justin Marmet
Javier Marquez
Yessenia Marquez
Carla Marroquin
Amanda Martin
Tiara Mays
Dustin McAninch



Victoria McCann
Kathleen McCuddin
Adam McDaniel
Jennifer McDaniel
Chad McDonnell
Tasha McElvogue
Johnny McFadden



Trenton McGee
James McNeeley
Cole McVey
Natasha Mendenhall
Faviola Mendoza
Jessica Meza-Lechuga
Amy Michael



Nicole Miles
Logan Miller
Matthew Miller
Taylor Miller
Shane Mills
De'Marcus Mitchell
Monica Mom



Marguerite Moore
Susan Moreno
Casey Morgan
Karissa Morton
Katelyn Moses
Jessica Mosqueda
Chin Moua

Sophomores



Zachary Mullin
Sofia Munoz
Nicholas Murphy
Brayden Murray
Joshua Myers
Tamisha Newberry
Nicholas Newcomb

Hoang Nguyen
Lom Nguyen
Cody Nieland
Mayra Nieto
Matthew Norton
Kelsey Obermeier
Rolando Ochoa

Silvia Olmos
Rachel Olson
Miriam Ordaz
Lindsay Owens
Mario Pagano
Thomas Page
Nyakoma Paleak

Ben Parker
Griselda Paz
Kayla Pearson
T. Peavey
Sarah Perkins
Joey Petersen
Ben Peterson

Skye Pettijohn
Thomas Phanphasy
Danny Phomvisay
Amanda Pierce
Zachary Piper
Aaron Pray
Maria Pray

Channing Quinn
Jennifer Radley
Elena Ramirez
Janet Ramirez
Chelsey Randolph
Corey Rankins
Kami Rattray

Elisiel Raygoza
Nicole Rayman
Kyle Reasoner
Stephanie Reasoner
Carla Regalado
Sarah Reinier
Ryan Remus

Diana Reyes
Francisco Reyes
Jesus Reyes
Bryant Reynolds
Justin Rice
Annette Riggan
Shonai Riri



Sophomores



Misty Ritter
Samantha Ritter
Joseph Rivas
Brittney Robbins
Nikki Robbins
Patricia Robbins
Cody Robinson

Ronald Robinson
Zakia Roby
Isaac Rodriguez
Benjamin Rokes
Morgan Roland
Justin Ross
Sasha Rumage

Anthony Rumbaugh
Holly Russell
Josie Sacco
Chirasath Saenvong
Felipe Saldana
Amara Sama
Daniel Sanchez

Jose Carlos Sanchez
Gloria Sandoval
Kristy Sargent
Desirae Sawyer
Nicholas Schaff
Carter Schieffer
Amanda Schmit

Nathan Schnoebelen
Kelly Schultz
Dani Scott
Jesse Scott
Estrella Serrano
Salvador Serrano
Alexander Sevedge

Christopher Sexton
Elija Seymour
Justan Shipley
Steven Sholley
Riri Shonai
Natasha Siders
Amanda Signs

Luis Siordia
Brandy Sisamouth
Amber Sloan
Amanda Smith
Angel Smith
Christian Smith
Christopher Smith

Derrick Smith
Katie Smith
Katy Smith
Kiawanna Smith
Mallory Smith
Matthew Smith
Matthew Smith

Sophomores



Michael Smith
Randy Smith
Trenton Smith
Vanessa Smith
Whitney Smith
Robert Snow
Mary Son



Christopher Sorensen
Katherine Sorensen
Davone Souksaengmany
William Sowder
Addison Speck
Darcey Spencer
Cody Spurgeon



Sanja Stankovic
Cassandra Stapes
Belinda Stigler
George Stish
Paige Stock
Joshua Strother
Sarah Stroud



Katie Sturtz
Denise Sumabat
Michelle Sutherland
Jason Swinehart
Amy Tarr
Janeica Terry
Shannon Terry



Christina Tharp
Kayla Tharp
Matha Theppanya
Lucas Thevenot
Aaron Thomas
Randall Thompson
Travis Thompson



Stephanie Titus
Brett Toncar
Holly Towers
Nicole Townsley
Kelsey Treen
Jose Trejo
Jasmine Tyler



Melissa Uvalle
Jeffrey Van Deo
Amy Van Gundy
Brooke Van Gundy
Tyler Van Winkle
Felicia Vandervelden
Emanuel Vandyke



Jiear Vang
Joey Vang
Sebastian Vang
Ashley Vangorp
Adam Vanhelten
Phonesiri Vanvongthong
Phonethip Vanvongthong



Sophomores





Anais Vega-Rocha
Stefen Vigil
Jelena Vojvodic
Beverly Wagner
Brandon Watkins
Roseanna Weaver
Justin Webb



Andrew Weber
Alicia Weinman
Brittney Weiss
Trinity Welch
Jeanelle Welsher
Ashley Wessel
Marc Whalen



Andrea White
Brooke Wilber
Danielle Williams
Daric Williams
Molly Williams
Shawn Williams
Sydney Williams



Travis Williamson
Alec Wilson
Cara Winchell
Clint Winchell
Austen Winterbottom
Megan Winters
Kristina Wolff



David Wood
Kennesha Woods
Kylee Woods
Kayla Worden
Ashley Wright
Jeff Wright
Paoge Xiong



Dao Yang
Ashley Yingst
Kelcey Young
Rachel Young
Ryan Young
Osiel Zapata
Jesus Zarate



Jacob Zimmerman

Sophomores Not Pictured

Adkins, Brandin
Allen, Ashley
Barr, Robert
Blount, Sarah
Brightman, Rosemary
Brubaker, Ashley
Campbell, Abigail
Clark, Marvin
Close, Collin
Crowe, Ray
Davis, Christopher
Durrett, Randi
Flores, Roberto
Gathercole, Shadoe
Glover, Claire
Gray, Angelica

Gray, Lindsey
Groover, Megan
Guzman, Kendy
Heuermann, Kole
Hon, Chelsie
Jayne, Spencer
Johnson, Jennifer
Lee, Denaro

Lewis, Monica
Long, Christopher
Nicholson, Jacob
Nikishenkov, Taras
Peterson, Benjamin
Pettijohn, Skye
Phelan, Micheal
Plew, Ashley

Prine, James
Rodriguez, Isaac
Thomas, Rachel
Ung, Jesse
Valadez, Orlando
Vaske, Zachary
Walker, Richard
Wolfe, Sarah

Sophomores





Left, sophomore **Paige Stock**, drives with some friends to lunch. Right, junior **Deana Groom** sit and waits for her friends to show up so she can drive them home.

MOST COMMON CARS at East



Neon

Sunfire



Grand Am



Blazer/Jeep



Cavalier



MAJOR FACTORS OF TEEN CRASHES

Alcohol and drugs

Ignoring right-of-way

Speeding

Being tired

Messing with radio

Talking on cell phones

Tailgating

New Drivers at East



Watch Out! New Drivers on the Road

Story / Layout by Nickie Freel



Sophomore **Kathleen McCuddin** buckles up before leaving the parking lot.

ut your seat belt on. Adjust your mirrors and seat. Start the car. Turn your signal on. Check your blind spot, and pull out when it's clear. These are all things that most of the sophomores will be hearing this year as they go and try to get their Drivers License.

"I'm scared to death of driving, but there is no other way for me to get around, so I have to drive," said sophomore **Lindzy Enos**.

"I really don't trust the other drivers on the road. You never know what they might do," said sophomore **Kelsey King**.

Sophomore year is when most students start getting their license. In order for a student to get a license they must maintain a permit for at least six months, without accident or moving violation, and pass Drivers Ed.

"I took Drivers Ed through Auto Pilot. I was done in six weeks but yet it was still extremely boring," said King.

With the front parking lot now closed to students, parking is a real hassle. There are more drivers and less parking.

"There was barely enough room when we had the front parking lot and now you have to get to school at like seven just to find a good spot," said sophomore **Darcey Spencer**.

Owning a car can be expensive. Although many students' parents buy their first cars for them there are still quite a few that buy their own. Plus paying for gas and insurance can get very pricey.

"I have a '79 Camaro that I got by myself. I appreciate it a lot more and take better care of it since it was my own money," said sophomore **John Goheen**.

Driving for the first time can be scary and exciting but everyone loves it! Getting away from parents or being able to drive wherever/whenever may be fun, but don't forget what all adults say: "Driving is a privilege not a right."



After school, University is packed with cars trying to get home in a hurry. With all the construction around East, everyone is finding new ways to get from place to place.



Right, seniors **Marty Mohler** and **Cesar Contreras** sit and eat their breakfast before school. Left and below, cars are parked side by side with no openings in the north parking lot.



New Drivers at East



Fabulous Rational Eager Sensitive Happy Mellow Exciting New

Derek Adams
Marylee Adams
Eddie Albarran
Stephanie Alcantar
Karen Alcaraz
Alisa Allen
Joseph Anderson



Wandalee Anderson
Jonathan Arechiga
Clayton Askland
Jessica Avant
Matthew Ayala
Jill Ayersman
Arksonekham Baccam



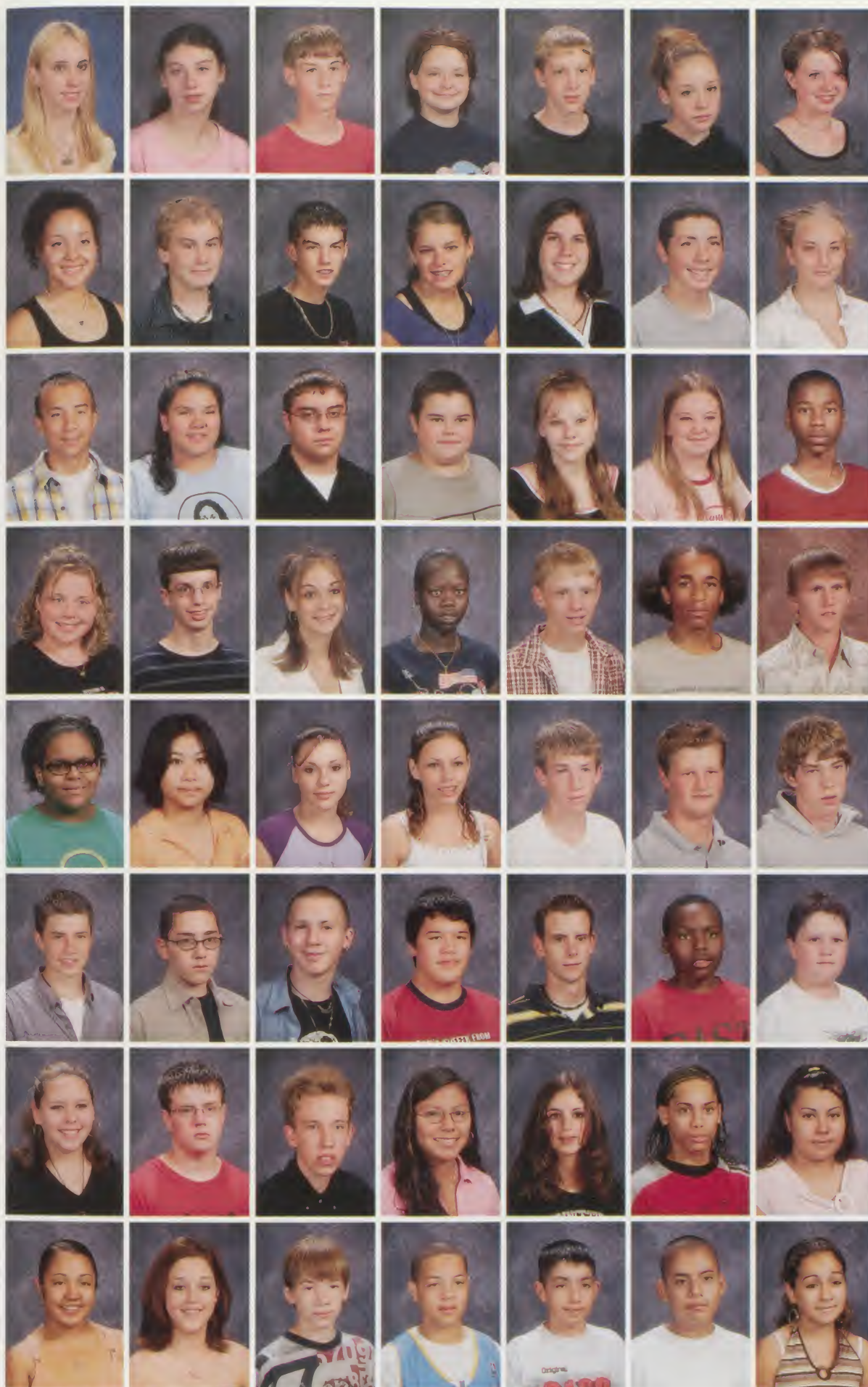
Monica Baccam
Latez Baldwin
Steven Bales
Vance Bales
Andrew Ballard
Gregory Ballard
Retha Barnard



Layout: Katelin Eaton.



Freshmen



Ashley Barnes
Tammy Bartley
Kyle Bates
Charli Bauer
Benjamin Baumbach
Randi Beck
Mikel Beem

Gianni Beer
Justin Beggs
Jacob Belcher
Jamie Belcher
Amanda Bellis
Tyler Bemis
Alysia Bennett

Antonio Bernardino
Kathleen Bernardino
Michael Bickle
Gerald Biery
Ashley Bishop
Jordan Bixler
Cornelius Black

Pennie Bland-Powell
Dillon Blasnitz
Lacey Blodgett
Diana Bol
Timothy Bolander
Marquis Bonds
Cody Bosley

Jordan Boston
Naly Bounyalath
Karissa Bouthillette
Jena Bowen
Cody Bowers
Daniel Bowman
Michael Boyd

David Brickles
Joseph Bright
Cody Brockert
Kevin Brooks
Aaron Brown
Devonta Brown
Joshua Brown

Kelsie Brown
Morgan Brown
Charles Brumbaugh
Narelle Buffalo
Samantha Bullington
Kalen Burgess
Lorena Bustamante

Lorena Bustamante
Jennifer Byrkett
Damien Cain
Kyle Calaway
Brady Camacho
Mario Canizales
Gloria Cardenas

Freshmen



Breanna Carder
Matthew Carlson
Allison Carrick
Tiffany Carroll
Cody Carruthers
Nefatari Carson
Antonio Carter



Devin Carter
Kirk Carter
Linda Carter
Patrick Carter
Valencia Cason
Esperanza Castro
Jorge Cervantes



Mia Chagoya
Karla Chamale
Davie Chan
Brett Chapman
Joseph Chase, Jr.
Evelyn Chavez
Tyler Chumbley



Chekesha Clark
Danielle Clark
Jovan Clark
Rebeca Clay
Edward Clearwater
Christopher Cleaver
Brandon Clement



Frank Cochrane
Brian Coe
Adrian Cole
Amanda Coleman
Catherine Coleman
Ashley Collins
Colton Collins



Misael Colunga
Tarah Combs
Tiffany Consolver
Delisa Cordova
Kayla Court
Ronald Cowles
Amanda Cox



Amanda Crabb
Steven Crees
Justin Crone
Amanda Croy
Clinton Cunningham
Joshua Curry
Logan Dabney

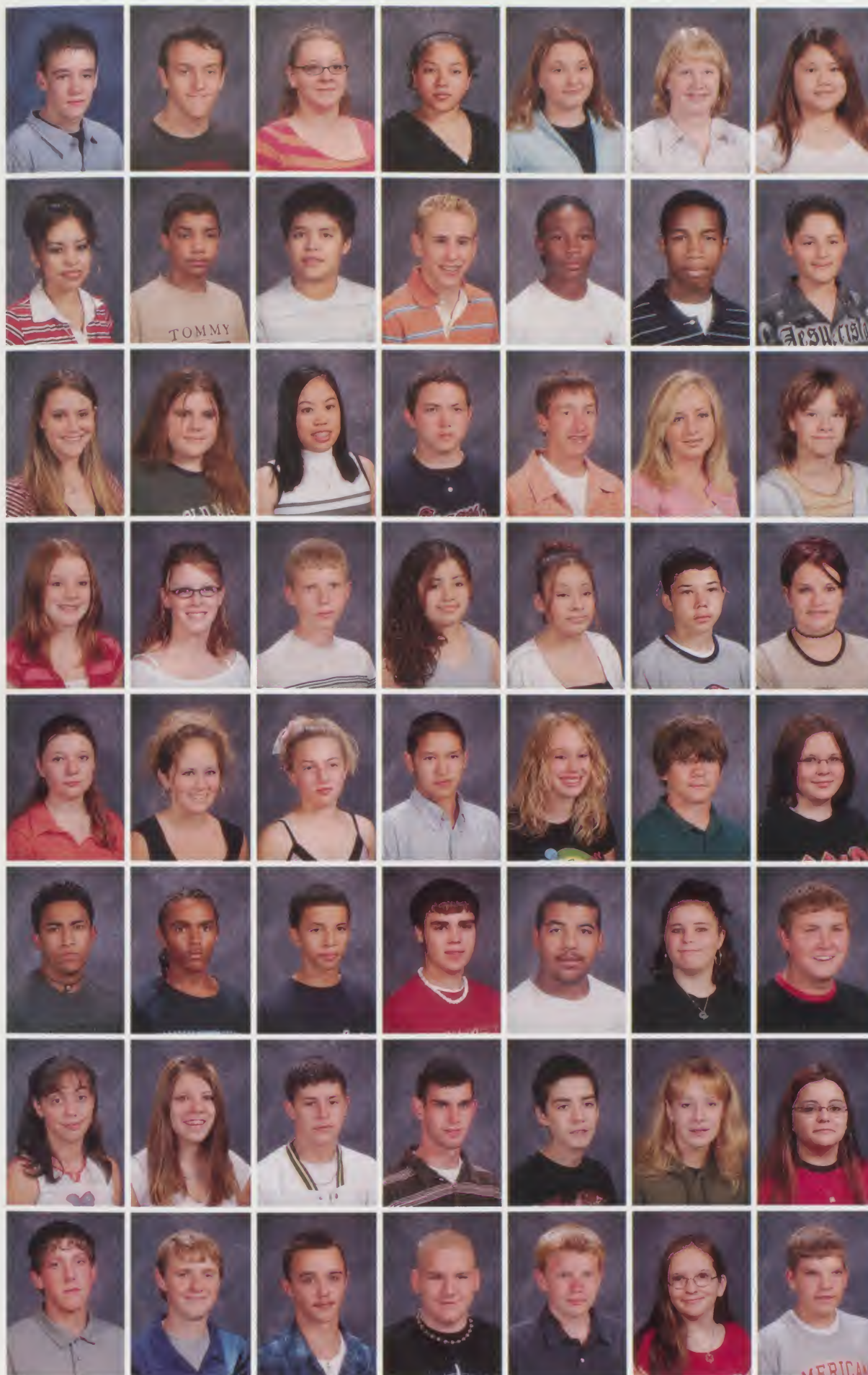


Priscilla Damron
Jake Danford
Brandon Daugherty
Alexandrea Davis
Amanda Davis
Larry Davis
Tim Dawson



Freshmen





Ryan Dearth
John Denin
Jessica Dennie
Shantall Diaz-Colunga
Hillary Dickens
Emma Diver
Jessica Do

Irma Dominguez
Tony Donnelly
Jaime Drake
Justin Duckworth
Randy Duncan
Risaun Duncan
Israel Duron

Cassie Eddins
Angela Edwards
Melissa Egkhounmuong
Adam Eklund
Austin Elder
Emily Ellenwood
Tiffany Elliott

Alyssa Ellis
Nichole Ellis
Jacob Enochs
Claudia Estrada
Cynthia Estrada
Elliott Evans
Morrigan Evans

Brandi Farnsworth
Christina Fast
Heather Fees
Dang Felton
Elizabeth Fisher
Jacob Fitzgerald
Nicole Fitzgerald

Noe Flores
Tycarr Floyd
Taurean Forbush
Joseph Formaro
Allen Fortner, Jr.
Allison Foster
Nathan Foster

Sanetta Frakes
Ashley Frazier
Stanley Fredericksen
Shane Fryhoff
Lindsey Fulford
Nicole Funke
Micaela Galvan

Ricky Garcia
Adam Gardner
Bo Garland
Michael Garrison
Adam Geiger
Victoria Geppert
Jordan Gillaspy

Freshmen



Tiera Gines
Ryan Ginn
Amber Giron
Craig Gish
Jodi Goben
John Goheen
Nycole Gomez



Daniel Gonzales
Alondra Gonzalez
Cody Gordon-Young
Eli Gowin
Olivia Graham
Kodie Grantham
Lacey Gray



Laura Gray
Nicole Green
Kyree Greene
Candice Gregg
Lyndsey Griffey
Katherine Grimm
Brittany Grochala



Diondre Gross
Bessie Grutel
Cynthia Gueria
Ashley Gulling
Aaron Gumbiner
Rashawnda Gunn
Tiffani Gutierres



Quinton Hagood
Ashley Hale
Patrick Halferty
Chase Hall
Latasha Hall
Brittany Hamilton
Anthony Hansen



Jacob Harbold
Kenneth Hardeman
Robert Hardwick
Amber Hardwick-Schori
Monica Harkert
Melissa Harmon
Michael Harmsen



Taevon Harris
Andrew Harwood
Ashley Hastings
Jacob Hastings
Trent Hauser
Brandon Hayes
Dewey Heaberlin



Logan Hearshman
Timothy Hecker
Alex Heggen
Britni Hellmers
T.J. Hellmers
Rachael Hendrickson
Nathan Henry



Freshmen



Ryan Henry
Christine Her
Eric Hernandez
Jose Hernandez
Stephanie Hernandez
Robert Herriott
Randi Hewitt

Brandon Hick
Ariel Hilson
Benjamin Hilt
Heidi Hockensmith
Marquetta Holder
Elizabeth Holmes
Lindsey Hopper

Mykel Hosek
Lindsey Hosman
Jonathan Howard
Nicholas Howser
Amber Huggins
Nathan Hunsley
Oanh Huynh

Sara Inman
Robert Ira
Katrina Irvin
Joseph Jackson
Vanessa Jackson
Daniel Jaquez
Vincent Jeffries, Jr.

Todd Jenkins
Kassandra Jensen
Scott Jensen
Jesus Jimenez
Andrew Johnson
Brandie Johnson
Casie Johnson

Eric Johnson
Jennifer Johnson
Jonisha Johnson
Melissa Johnson
Sapphire Johnson
Sarah Johnson
Stephanie Johnson

Alissa Jones
Hope Jones
Jessica Jones
Karen Jones
Adrian Jordan
Jammie Jorgenson
Christine Judge

Ashley Kasper
Tonya Kelley
Burdette Kelsey
E'Shayla Kelson
Tony Kenesy
Phouthasac Keopraseuth
Tiffany Kern

Freshmen



Brenda Khanthavongsa
Martika Khoangvan
Kristi Kifer
Hannah Kilby
Tom Killen
Heather Kingen
Destini Knight



Kayla Koeppen
Thiky Kouangthi
Ethan Kouri
Breanna Krebs
Brandon Labelle
Anthony Lamin
Paul Landers



Thomas Lansing
Chelsea Larsen
Duy Le
Michael Leanos
Humberto Lechuga
Ka Lee
Chantelle Lehman



Rachel Leibolt
Joshua Lewis
Justyn Lewis
Eris Lingenfelter
Daniel Lloyd
Austin Locke
Sean Logan



Tammijo Lohf
Jamie Long
Diana Longoria
Ivan Lopez
Arelly Lopez-Garcia
Crystal Losee
Jacklyn Lovan



John Lovan
Johnny Lovan
Maranda Lovan
Sarah Lown
Audriana Lu
Alex Luna
William Lundbohum



Anthony Luu
Joshua Lyon
Amber Lyons
Cody Lyons
Kayla Madison
Tanisha Madison
Abram Magang



Andrew Majerus
Taner Mann
Jade Manning
Ricardo Manriquez
Meththa Manyvong
Aaron Maranville
Jamie Markle



Freshmen





Marisol Marquez
Yolanda Marquez
Jessie Martin
Leigha Martin
Terisha Martin
Wesley Martin
Luis Martinez

Ramon Martinez-Ponce
Mark Maschke
Suzanne Maschke
Brianeisha Mason
Luis Mata
Alexander Mathis
Ashlee Matthias

Tia Mays
Pius Mburu
Donovan McClain
Steven McClish
Kimberly McCoy
Kelsi McCuen
Ian McDonald

Sean McElderry
Nicole McFadden
Sarah McFarland
Lori McGee
Robert McGregor
Jordan McGriff
Amber McNeeley

Fortune McOhane
Raquel Melendez
Ashley Mendenhall
Isabel Mendoza
Toby Meyer
Abby Meysenburg
Samantha Mila

Dee Millard
Abigail Miller
Amber Miller
Andrew Miller
Christopher Miller
Felicia Miller
KC Miller

Jennifer Mills
Dorian Minter
Jacob Mitchell
Susana Monetti
Nicholas Mongar
Chantell Moody
Joslin Moore

George Morales
Leonardo Morales
Ashley Morrill
Joshua Morris
Alyssa Mounphoxay
Belma Mujakovic
Allyson Mullin

Freshmen



Amanda Mullin
Nicholas Mullins
Troy Mure, Jr.
Laurel Murphy
Breanna Murray
Zackery Myers
Theresa Neal



Ashley Nelson
Isaac Nelson
Geoffrey Nerison
Itasha Newsome
Michael Nguyen
Nuong Thi Nguyen
Kaitlyn Nible



Wade Niffenegger
Dustin Noble
Brooke Noel
Stephen Nutt, Jr.
Sean O'Boyle
Brittany O'Dell
Brett Obermeier



Paige Olgren
Amy Ollin
Araceli Olmos
Michael Olson
Sarah Oppe
Carolina Ordaz
Ulises Ordaz



Kevin Ormeno
Joshua Ortega
Rubi Ortega
Stephanie Ouverson
Christopher Overman
Phillip Pacha
Angela Pagano



Jose Parada
Keli Paris
Christian Parker
David Parker
Nathan Paul
Chris Pearson
Sara Pederson



Chase Peek
Jocelyn Pena
Amber Peterson
Linda Phanouvong
Mickie Phengsiaroun
Rebecca Phillips
Phillip Phipps



Matthew Phongvixay
Jenny Pierce
Ruth Pierce
Cody Price
Dalton Price
Kendra Price
Nathan Prim



Freshmen





Ana Puga
Stephanie Rangel
Exavory Rankins
Mar'Netta Rankins
Kennya Regalado
Chelsea Rehms
Michelle Reimers

Taide Reyes
Torey Reynolds
Zachary Reynolds
Amber Rhoads
Thomas Rhodes
Amanda Rickabaugh
Allison Ring

Alicha Rivas
Armando Rivera
James Robinson
Arcelia Robles
Ruben Robles
Marshall Romero
Matt Rose

Amanda Roth
Samantha Roth
Daniel Ruacho
Jasmine Ruiz
Janna Sacco
Jesus San Elias
Marti Sanford

David Sappenfield
Daryl Saunders
Melissa Say
Masyn Sayre
Shalee Scarlett
Samantha Schaffer
Kira Schermerhorn

Samantha Schibner
Brian Schillinger
Antonio Schmidt
MacKenzie Schmitt
Adam Schmitz
Michael Schock
Cory Schuler

Daniel Schuster
Rachael Schwartztrauber
Craig Scott
Dexxter Scott
Jamie Scott
Brittany Scroggins
Mattison Sellers

Dalton Senecaut
Sayyann Sengdara
Mykeal Shade
Paige Shannon
Garin Shaw
Carrie Sheeler
Aundrea Shepherd

Freshmen



Nathaniel Sigler
Jacob Skinner
Justin Slemple
Richard Slifka
Kyle Slinger
Carissa Smith
Cody Smith



Courtney Smith
Jessica Smith
Jessie Smith
Kayla Smith
Samantha Smith
Shawnee Smith
Jessica Smithart



Stephanie Sorensen
Joshua Sowden
Tina Spagnolo
Jerrica Spencer
Ashley Steben
Donald Steele
Jamie Steuerwald



Travis Stewart
Marketta Stigler
Jennie Stogdill
Jeannie Stone
Lindsey Stoneburner
Shianne Stonehocker
Ryan Stout



Carl Stoutenburg
Lonnie Strain
Katie Stroud
Steven Stuber
Jennifer Sullivan
Daquinta Sumlin
Soulani Sysavath-Lo



Joshua Syvixay
Zachery Teas
Leonnell Terrazas
Heather Terry
Lothana Theppanya
Erin Thomas
Johnathan Thomas



Tremeshia Thomas
Tye Thomas
Alan Thompson
Amber Thompson
John Thompson
Alexis Timm
Justin Tinsley



Matthew Titler
Afton Torres
Rachel Troyer
Domagoj Tudovic
Casey Turner
David Turner
Joseph Turner



Freshmen





Kania Turner
 Brianna Usovsky
 Mariana Valdez
 Emanuel Valenzuela
 Robert Van Weelden
 Corey Vandenhemel
 Kee Vang

Xylon Vang
 Allen Vangundy
 Ethan Vanhelten
 Mario Vasquez
 Ivan Vega
 Samantha Vest
 Jessica Vong

Robert Waddell
 Byron Waldron
 Robert Walker
 Becky Waltz
 Craig Warner
 Gennifer Washington
 Jacob Watkins

Jared Weatherall
 Aarron Weets
 Megan Weiland
 Geordyn Weiss
 Glen Welch
 La Carlos Welch
 Trevor Welch

John Wellons
 James Wells
 Matthew West
 Stephen West
 Angela Western
 Edwinn Whalen
 Benjamin White

Casey Whitehead
 John Whiteman
 Taylor Whittington
 Ashley Wignall
 Katie Williams
 Kelli Williams
 Nathan Williams

Volin Williams
 Brooke Willson
 Robert Willson
 Alex Wilson
 Chelsea Wilson
 Jessica Wissler
 Adam Wolf

Ronald Wolfe
 Derek Wollesen
 Kacey Wollesen
 Jacinda Woods
 Amber Woxell
 Nickolus Wren

Freshmen



Clarissa Wright
Nytasha Wyant
Tyree Wyant
Brittany Young
Nicole Young



Freshmen Not Pictured

Aguilar, Esther
Alarcon, Edward
Albarran, Ernie
Alvarez, Mayra
Andrews, Princess
Bailey, Christina
Barlean, Peter
Blakely, Jason
Brewer, Jerome
Briggs, Kenesha
Burns, Shelby
Campbell, Devon
Castillo, Marcial
Cervantes, Jorge
Chandler, Leonard
Clark, Jovan
Cole, Bryan

Davis, Larry
Dedmond, Sourisouk
Delk, Kalea
Dunn, Brandon
Fees, Jennifer
Flores, Juan
Goodpastor, Adam
Grim, Steven
Guerra Jr., Osvaldo
Hayes, Tonjay
Haygood, Quinton
Hernandez, Nikita
Holder, Marquetta
Holmes, Tyler
Huhn, David
Hull, Michael
Huse, Charles

Jeffries, Jesse
Johnston, Tiffany
Jones, Charles
Lee, Darnell
Lester, Mark
Lewis, Arichika
Lowe, Eric
Luncsford, Brooke
Martin, Christina
McClelland, Jessica
McClish, Steven
McCoy, Kimberly
Medina, Maria
Nichols, Britnee
Nobel, Dustin
Norton, Joshua
Pal, Diw

Palmer, Ellen
Perkins, Mark
Prim, Nathan
Quintanar, Jesse
Rivero, Sara
Robledo, Nikki
Ross, Casie
Ruby, Amanda
Scott, Donte
Smith, Jason
Smith, Joshua
Tillotson, Jay
Washington, Ginnifer
Williams, Allen
Winfrey, Jerriid
Wright, Tyesha



MOVIN' ON UP

Story / layout by Adam Crane

Students deal with the daily scramble of the lunchroom trying to eat and talk to friends in a limited amount of time. To allow the immense number of people time to eat, lunch had to be separated into four 30 minute lunch periods.



Making the move from middle school to high school is a huge change for incoming freshmen. They are given more freedom and bigger responsibilities. To most freshmen this is a welcome change.

"I like high school, there are so many more things to do. The only thing I didn't really like was the huge building, but it didn't take very long to get used to," said freshman **Cody Smith**.

Compared to most middle schools, East High is enormous with around 2000 people; most middle schools only has about a third of East's student body.

"It's amazing how many people are here, it seems like you see someone new every day," said freshman **Mike Boyd**.

"One of the first things I noticed was that East has way hotter chicks than middle school," said Smith.

High school provides many more opportunities than middle school with extra-curricular activities like sports, clubs, and organizations.

"I like the sports here way better than middle school there are a lot more games you can go to," said Boyd.

One of the greatest new freedoms in high school is off-campus lunch. No longer are students restricted to the school cafeteria.

"I like being able to go to McDonald's for lunch instead of the lunch room because school food isn't exactly the greatest," said freshmen **Justin Tinsley**.

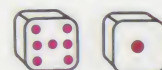
Moving on to high school may be a scary experience but most of the freshman enjoy their year by going to the games, meeting the people, or just going out for lunch.



At left, a freshman makes his break for the exit just ahead of a hall monitor on a trip to Oasis. Compared to middle school the majority of freshmen claimed gypping at East was easy.

At right, East's football team plays Fort Dodge for their 500th win. Many freshmen said that they liked having so many games to attend. Center, a student exits McDonald's to return from lunch. Many students had so little time after getting their food they had to eat while walking back to school.

Movin' On Up



Fun
Adventurous
Caring
Understanding
Loyal
Talented
Youthful

Donna Adams
Rhonda Anderson
Robert Bagley
Linda Baker
Patrick Bannon
Randy Barrick
Vicki Bonnett



Ronald Borstad
Ken Burgess
Pat Bushong
Nancy Butler
Kacia Cain
Robert Carmichael
Jacqueline Carrillo



Ted Christensen
Nancy Christy
Lonnie Clark
Maggie Crawford
Karen Cross
Kathy Crum
Fannie Cunningham



Faculty





Sally Dehnert
Carl Drautz
Chris Dunham
Amanda Eimers
Samy El-Baroudi
Lora Evans
Christian Ezell

Geoff Farrell
Nancy Fehn
Terrie Fenstermann
Diane Fleming
Julia Freel
Keri Frommelt
James Giboo

Shirley Gooch
Jerry Goodrich
Sid Gordon
Connie Grau
Mel Green
Shawna Green
Maureen Griffin

Jeffrey Hall
Michelle Hankins
Kathryn Hansen
Dena Harms
Jennifer Hazen
Deann Hebert
Don Heese

Brian Hoff
Lynn Hoff
Kevin Hogue
Susan Hook
Andy Howard
Mark Hurley
Carol Hyslope

Angela Jackson
Ed Jennings
Ernest Jennings
Vanna Johnson
Mary Kaldenberg
Edward Kelly
Lori Kistenmacher

Kathy Koenig
Tom Lee
Carol Lortscher
Derek Lounsberry
Stayce Lounsberry
Robbie Malm
Marjorie Mayes

Traci McCaull
Michelle McPherson
Jennifer Medina
Christina Merten
Betty Mills
Martin Mohler
Linn Morris

Faculty



Kenneth Morton
Brenda Navin
Laura Negrete
Kelly Neiber
Lori Nelson
Linda Nemmers



Deborah Neustadt
Randy Nordaker
Frank Nwankpa
Sharon Page
Deborah Peterson
Elaine Peterson



John Raymond
Jennifer Rebel
Danielle Remily
Claudia Richards
Gary Rourke
John Rudisill



Annette Ryun
Linda Saddoris
Christine Schaefer
Alvin Schatz
Sharon Schatz
Cynthia Selden



Diane Sheil
Canada Snyder
Mary St. Clair
Dawn Stahly
Don Starceвич
Diane Steggerda



Susan Stewart
Chad Street
Carolyn Strickler
Stan Thompson
Frederick Vanderley
Joyce Vickroy



Somkong Vong
Bill Waller
Mary Westover
Jill Wibben
John Ytzen



Faculty Not Pictured

Brown, Kathy
Brownsberger, Judy
Callan Mashek, Janet
Carnahan, Dianna
Costello, Christine
Davis, George
Derby, Randy
Fisher, Darrin
Frieling, Karla
Gaines, Ruth Ann

Gilley, Jamie
Ginther, Ann
Grove, Tina
Habhab, Jacob
Heller, Thana
Hunter, Erick
Isaacson, Heather
Jansen, Jeff
Lantz, Erin
LeBlanc, Michelle

Lewis, Patrick
Long, Lowell
Luft, Jennifer
Lynch, Gene
Miller, Rebecca
Nicolino, Jamiee
Noel, Sue
Oleson, Bill
Pattschull, John
Pecina, Larry

Pickett, Burle
Sanford, Shawn
Scott, Chris
Shelly, Barb
Summy, Derek
Turner, James
Tuttle, Sherry
Walter, Jerry
West, Audrey
Wiegand, Susan

Faculty



HOME OF THE EAST HIGH **SCARLETS**



Teacher's Lounge



Front Lobby



Cafeteria



Connector Building

A New Beginning

Story Layout by Greg Zubulake

As the construction continued this year and the main building was shut down, students came back from winter break to a whole new place: the "connector" building.

"It was chaos the first couple of days because a lot of students didn't know where their classes were, but after a week or so things were a lot smoother," said senior Jenna Dunkin.

Construction started in March of 2003 and ended in December of 2004.

"We expected the building to be finished around December and it was, so that was a good job on the construction crew of not allowing any set-backs," said Principal Tom Lee.

The building took a total of around \$11 million to build.

"The one cent sales tax made up most of it," said Lee.

One of the more impressive places inside the building was the new

cafeteria.

"The construction crew did a great job with the cafeteria. It's a lot bigger than the old one and you get your food a lot quicker than you used to," said junior Eric Howser.

But with every new building comes new problems.

"There were very few restrooms and drinking fountains in the building. There were no lockers for the students and the stairways were really crowded. But once the main building is completed, the problems will be solved," said Lee.

When it was all said and done, a lot of people were amazed with how great the connector building was inside and out.

"The building is fantastic. The construction design did a great job in keeping the history of the school and blending it in with the other buildings," said Lee.





Lockers in the main building were cleaned out over winter break. Students were unable to have lockers second semester.



'Connecting' the old with the new

Story by Randy Chanthavong

The \$11 million renovation for East High is well underway. Spring semester, students had classes in the new connector building and the main building was sealed off. New features of the connector building include a new cafeteria, new classrooms and an overall new look.

"I am pleased with the new building. It has a modern look to it," said Principal Tom Lee.

According to Lee, the entire renovation will be completed within the next year to year and a half.

"I think the new building is beautiful and spacious," said Nancy Christy. "The counseling office has a nice view."

"I like the new tables in the cafeteria and the automatic lights in classrooms," said junior Angie Lin. "The building is nice and clean."

Teacher Derek Summy said that the best part of the new building is the cafeteria.

"It's really modern, despite the lack of restrooms and drinking fountains," Summy said.

There are some cons about the new building. Senior Derrick Johnson said that the balcony in the cafeteria "resembled a prison."

Junior Cody Wren agreed. He said the cafeteria was a cross between a hospital and a prison.

"The parking lot situation is also a problem," said Johnson. "I have to get up earlier to get a parking space." g," said junior Sara Kain.

Chemistry teacher Maureen Griffin thinks of her new room as an inconvenience.

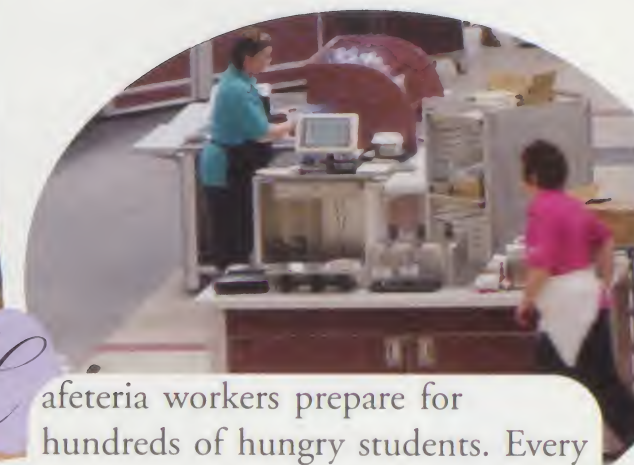
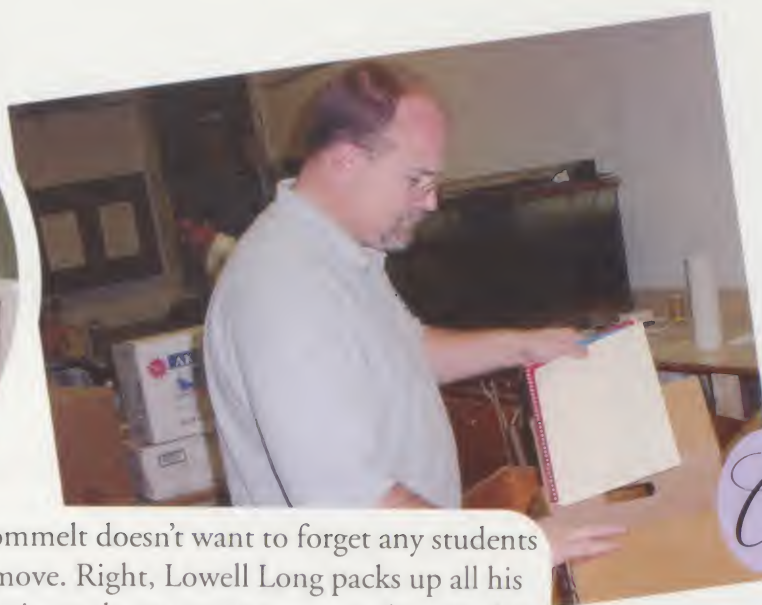
"My old room had the best chemical storeroom in the city," she said. "It was climate controlled, which made storage life for chemicals longer. My new room isn't even made to teach college-level chemistry."

Griffin also said that the next time a school renovates, the chemistry department must be made a top priority.

Despite all the inconveniences, the result may be worthwhile. According to Lee, the main building will become handicap accessible, have a sprinkler system, air conditioning, and the floors and ceilings will all be painted.

"East will be the first high school in the Des Moines district to be renovated," said Lee. "It will be very modern yet will still tied with the history of the building."





Left, Keri Frommelt doesn't want to forget any students during the move. Right, Lowell Long packs up all his books. The science departments temporarily moved to the third floor of the connector building.

Cafeteria workers prepare for hundreds of hungry students. Every day, approximately 800 lunches are sold.

The connector building opened up a new cafeteria and student center. The renovation cost 11 million dollars.

The Big Move

Story/Layout by Nickie Freel

While students were sleeping in late and enjoying an extra two days of winter break, the faculty had to come pack up their rooms and move from the main building to the new connector building.

"It was done on time and it looks great," said Principal **Tom Lee**. "I can't wait to see how it will turn out in coming years."

The main attraction is the new cafeteria. It is a big open area that is also used as the student section. The cafeteria is now equipped with a new lunch system.

"The new system makes the lines fast and easier to go through," said cafeteria employee **Dixie Heimbaugh**.

A few teachers moved into rooms with better technology. For instance, most of the rooms for the history classes have projection systems.

"The size of the room is a big improvement," said teacher **Derek Summy**. "The projector makes teaching more interesting for the students."

Susan Wiegand, along with three other teachers, now has to walk through one classroom just to get to her own.

"Even though this is temporary, it is difficult to not disrupt the education in the classrooms," said Wiegand.

The south wing was reopened after a semester of remodeling and all the English teachers are happy to be back into their old rooms with new windows and heating/cooling systems.

"It may have a new heating system, but it doesn't feel like it," said junior **Seashia Vang**.

"All the moving and confusion is happening this year, but it will all pay off in the long run," said Lee.





Organization:

Chance: Take a Step Forward

In the Scarlet game of life, we all have opportunities to join different teams. Organizations give us a chance to step into the spotlight during the Scarlet game. We can become involved and active in our school through clubs and activities. We become part of the larger team, East High, and we all work towards making East a better school. Our clubs are our outlets, they showcase our diversity. They are part of our game plan, our strategy. Our organizations are part of how we play the game right...Scarlet Style.



Cheering on their fellow peers, Pep "E" Club members help bring up school spirit. They sold items like buttons and tattoos to get Scarlet spirit into the student body.

Peppin' it UP

Story/Layout By: Cassi Bainter

You wanna buy one?" asks senior co-president **Brandon Ramirez**. Business classes are not the only ones trying to make some money, with the eastside apparel and other items. But who's responsible for the spirit items such as buttons, stickers, pins, pon poms, bracelets,

beads, and other items? Pep "E" Club is.

"This year I believe sales for all the spirit items have been high, which is a real change," said Ramirez.

At assemblies students can buy a Pep "E" sticker to place on the back of the student ID card which allows them to sit on the floor during any of the assemblies.

"It's awesome being able to sit on the floor. It's the best seat in the house. Much better than the balcony seating," said senior member **Laura San Elias**.

Homecoming brought in the most money with the Spirit Strips. These are pieces of paper that are linked together with each student's name on them and strung across the floor at the Homecoming assembly. Homecoming spirit strips were a competition this year between the seniors and the freshman class.

"It was great seeing the seniors run

from class to class trying to out do the underclassmen," said sponsor **Robbie Malm**.

Pep "E" Club coordinates Homecoming and other dances. A new one this year was the Winter Dance. It was similar to Homecoming, but was more formal. This took the place of 12-B and Spree.

"We thought it was a good change, being that 12-B and Spree don't bring in that much money," said senior Pep "E" member **Nolan Walker**.

Pep "E" Club brings spirit to the school and many other things.

"We are proud to help with school spirit and try and get everyone involved with things," said senior **Erica Mullin**. "It's a great thing to be involved with."

Pep "E" Club helps define the spirit and the will at East. With many clubs and different organizations in East, Pep "E" knows how to put "Pep in the Step."



Pep "E" Club



Acting like a bunch of clowns, at left, Pep "E" members take a break from a meeting. Presidents **Brandon Ramirez** and **Nicole Waldron** helped the group to a successful year with weekly meetings every Wednesday morning at 7:15.



Hanging up decorations before the homecoming assembly, Pep "E" members help one another to make the look awesome. Above, a Homecoming banner is hung to inspire spirit.

Pep "E" Club members get together to discuss the Winter Wonder and dance. The dance was held on February 26.

Did you know?

1. Pep "E" Club has been around since the 1950s.
2. Sponsor Linda Nemmers once resigned after 11 years and then returned in 2003.
3. Members sell many items such as: pom pons, bracelets, buttons, ribbons.

Pep "E" Club





Little Johnny can still remember the good old days when we had two parking lots and the main building... no more!



The Alumni Banquet is a large annual event that Senior Board helps to organize. East's alumni association is one of the largest in the nation, if not the world.

Student Government, from top to bottom, held meetings nearly every Tuesday morning, decorated and organized for Homecoming, and ran the annual blood drive. They also had new activities this year, including two fundraisers for the Indonesian tsunami victims and cystic fibrosis patients.



The path to Homecoming included a great view of construction trucks and equipment. Even though there were worries that students would get into the equipment, the path that Student Government put together kept kids and machinery separate.



Senior Board Officers



Sponsors

Samy El-Baroudi
& Gary Bourke



Taking the LEAD

Story and Layout by Casey Dawson



Nobody had a busier year than Student Government and Senior Board. With the construction continuing and the new connector building opening, both were faced with new obstacles.

Student Government is a group that welcomes students from all grade

levels to participate. Its biggest project is the planning of Homecoming. This year, holding the dance in the gym posed more problems than usual.

"The gym was surrounded by construction equipment and covered in dust," said senior **Sisamone Thammoroth**. "We had to plan how we would prevent kids from messing with the equipment and how to clean the gym."

The group also helps to coordinate a blood drive once a year. Usually, this takes place in the spring, but once again, new circumstances came up.

"Around the end of November, the Blood Center contacted me," said Student Government advisor **Samy El-Baroudi**.

"They had a shortage of blood and asked if we could hold a blood drive earlier in December."

The group rose to meet the challenge. New rules concerning the age of donors allowed more students to donate with a parent's permission.

Senior Board also faced many challenges. The group is in charge of making most of the decisions concerning graduation and helps to coordinate prom, the alumni banquet, and senior breakfast. They also form committees to handle projects such as creating the senior

t-shirts. The first issue this year was changing the graduation site from the Drake Knapp Center to Veterans Auditorium.

"Some students were upset about the move because we have been using the Knapp Center for quite a while," said senior **Amber Tyler**. "But it was out of our control and in the end, it turned out to be a nice change and most of the kids were happy with it."

Another big change was the move to the new building and the closing of the old building immediately after winter break.

"Moving to the new building was a challenge for us," said senior and vice-president of Senior Board **Brandon Ramirez**. "There were no lockers for any students. Students also lost a parking lot due to construction, which left us with only one parking lot. These were big problems, so we did our best to find solutions for them."

While both organizations were forced to confront many obstacles, both managed to make the school year run smoothly and efficiently for the Scarlets.



Helping hands lead the way

Story/Layout by Amber Tyler

This year pink and blue hospital bracelets were all the rage. National Honor Society (NHS) members volunteered to sell the bracelets to help raise money for the March of Dimes program to raise awareness of premature births.

"We sold over 300 bracelets in the course of one week," said senior and NHS treasurer **Nicole Omundson**. "I was really glad that we were a part of such a good cause."

Senior and coordinator of the EHS March of Dimes **Katie Lown** said, "We became interested in the project because we helped those who can't help themselves. We surpassed the organization's expectations by far."

NHS members are required to have ten hours of community service for each semester. So this year NHS president **Patrick Suggett** came up with a service log where members

could keep track of their hours.

"In the past we haven't been very organized

and haven't enforced the requirements that are to be met when you're inducted. So this year we have lots of committees and activities for members to participate in," said Suggett.

NHS has members involved in Big Brothers Big Sisters, concession stand work, cookie dough sales, recycling

programs, and fundraising to have plaques made for the students from Hoyt that died in a car accident.

"The money from the concession stands and the cookie dough sales go towards an electronic marquee sign that the students are trying to get for the new school and into our savings for social activities," said sponsor **Amanda Eimers**.

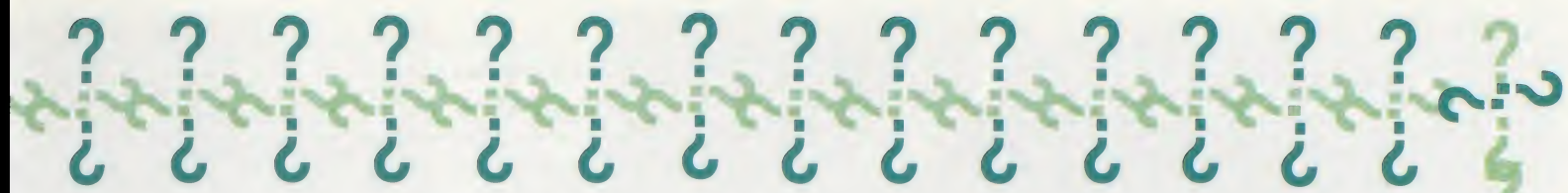
While students commit time to community service, grades, and attendance, their efforts don't go unnoticed. This fall a conference and awards night was held at Drake University for honor students from across Des Moines and the surrounding areas. They were chosen for the National Council on Youth Leadership (NCYL) by faculty members to represent their home schools.

"It was a privilege to be accepted for NCYL," said senior and NHS member **Donna Soulinthavong**. "The seminar was fun. We met lots of people from different schools and we learned a lot about leadership skills."

Omundson said, "It was an honor to get accepted into NCYL because I know it's made up of the best and the brightest from the metro and surrounding areas. The conference was a great way to meet other great kids and to learn how to become a better leader. The ceremony was a nice way to recognize everyone for their accomplishments."



Key Club, NHS & NCYL



What do YOU think of community service

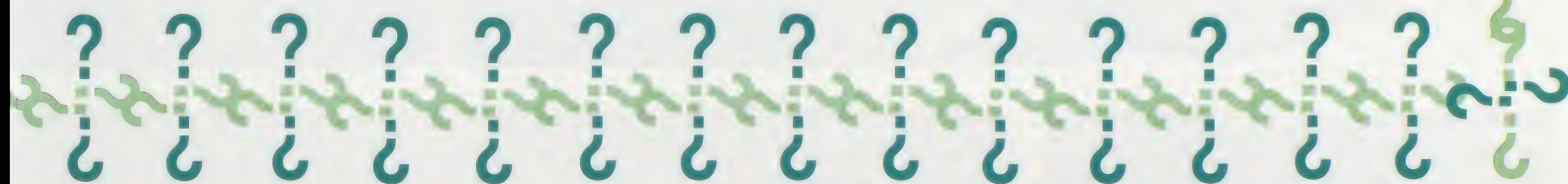
“I personally enjoy community service and I think that we need to have more people involved.”

Key Club President Celeste Lacona



“Community service is something I'd be doing even if I wasn't in Key Club. It helps the environment and is very rewarding.”

Freshman Jacob Watkins



Far left, Key Club president **Celeste Lacona** passes out fundraisers. Left, Key Club members meet after school to discuss community service projects that they will be involved with this year.



NHS members make pancakes at a meeting held during NHS week. NHS held a social in the auditorium and watched movies before Winter Break.

Key Club, NHS & NCYL





Working hard in the classroom to come up with new ways to promote activities, Pep E Club, left, makes the most of their time.

Below, junior **Josh Sholley** and senior **Celeste Lacona** chat at Key Club.



Above, sophomore **Dang Felton** tries to disguise himself as a bass...with legs and feet. Right, debate members junior **Codey Haltom** and freshman **Austin Locke** get at each others throats, careful, they get into it! Debate members had a lot of fun over the year.



Bloopers



Hitting the notes just right, junior **Kortney Stevens** and sophomore **Abby Grover** practice together in orchestra class. Right, French Club members play Scrabble using only french words. The club played games and watched movies in french.



Working hard to prepare, debate members junior **Ashley Baccam**, junior **Genesis Beltran**, and **Haltom** get it done in the classroom. Above, Pep E Club members goof around for the picture. Pep E Club hosted several fun events over the year.

MESSING UP & HAVING FUN

Story by Beth Mayes & Layout by Chris Piatt

One way for a student to escape class life and become an individual is by joining an organization that best fits their hobbies or interests. These organizations make East the way it is; it shows that East isn't just about the game but the service too. Ranging from helping children say no to drugs to keeping school spirit around all year, East has it all.

Students can get serious when it comes to these activities, yet find ways to have fun at the same time. The debate team is very dedicated to the competitions. Every time the debate team comes back from a competition, at least one award comes home too.

On one trip to Okoboji, sponsor **Jennifer Medina** rented a van. On the way back the sliding door had fallen off.

"It took a team effort to get the door back on," said Medina. "A couple of us had to hold the door while the others rolled the hinges back in place."

Medina called the rental place and told them what had happened and got two hours for free. The rental manager kept insisting that some of the students on the trip had played with it.

This year's debate team started posting sayings from their competitions on a wall in Medina's room. The team later made shirts of the top ten things said in a debate competition, such as, "Hilary Duff," "Go feed Tina," and "My hands smell like Playdoh."

The Key Club takes time away from their

busy schedules to squeeze in some community service for an extra one forth of a credit each semester. During one community service project, students cooked some odd tasting, yet satisfying, spaghetti for a homeless shelter. The noodles were watched while stirring but a bunch of noodles stuck to the bottom of the pan. More than half the noodles were burnt and there wasn't enough sauce.

The Pep E club has helped to keep the spirit of East alive. Students kept the spirit alive by selling anything that has East colors or Scarlet all over it. The Pep E club finds ways to have fun as well. They plan the school dances and decorate them. Many Pep E members have said that the best thing is decorating the dances.

Organizations set students apart from the rest of the crowd. It's what makes a student an individual whether it's community service or fighting for what is right. Organizations aren't just work and dedication, they are about having fun and doing what students love best.

Bloopers



Plannin' for Success

Story/Layout by Viviana de la Cruz

Wouldn't it be great to have teachers and counselors preparing students during high school to be successful in college? It would be even better if the students knew that at the end of their high school career, there would be a guaranteed scholarship for them to enter a college such as Central College in Pella, Simpson College in Indianola, or Iowa State University in Ames.

Well, for selected groups of students at East High, this is indeed a reality.

"I think that these college-bound programs are a major plus because they help us get to where we need to be in order to get where we want to be," said senior Upward Bound participant **Kelsey Brooks**.



UB (Upward Bound) has been a program at East for the past fifteen years. Upward Bound is a college-bound program that helps high school students who could be successful in college but are not likely to go due to lack of money or are the first generation of their family who will attend college. Yearly, applications and interviews are

considered and a group of students is chosen to be in the program.

"The majority of our students are the first generation of their family to attend college," said counselor **Nancy Christy**.

This year, UB focused on the students' overall academic success. The program offers extra help for students who need some assistance in their classes.

"I like UB because I have people guiding me through high school and keeping me on my feet with my classes," said senior UB participant **Pedro Leños**. "Knowing that I can count on people for help really gives me a boost to do well."

Science Bound is offered to minority students who are recommended by their teachers usually in middle school. This year, Science Bound also focused on keeping their students' grades up and having the kids interact with one another during meetings, ISU trips, and working concession

stands at home games.

"I know these kids are a bright bunch and I also know that sometimes they need a little nudge to keep doing well in their classes, and that's what we are here for," said biology and Science Bound sponsor **Lowell Long**.

"The concession stands were always fun to work at because half of the time we just laughed and goofed around with one another and had fun," said junior Science Bound participant **Ja Rae Shelton**.

Science Bound, for the first time ever, had a total of twelve seniors who graduated from East High. Past years, there were only 2 to 4 total seniors graduating.

"I think it's so cool how we have all made it this far since like seventh grade," said senior Science Bound participant **Luis Quintenar**. "I can't wait until we are finally in college at ISU," said Quintenar.

"We have all worked hard and have helped each other along the way at different times over the past four years," said senior Science Bound participant **Silvia Aguayo**.

Although many of the participants will be heading off to college this fall, there will be a new bunch of students to fill in their slots for the upcoming years.

"I can't wait till I'm a senior and graduating from East," said sophomore Science Bound participant **Aaron Jordan**. "Seeing all the seniors joking around and talking about college makes me want to be there, too," said Jordan.

Although college bound students have guidelines to follow, and GPA's to keep up, it is all worth it in the end.

"Aside from the scholarships and free stays that we get at colleges, we all have great memories that we can all look back on and smile about later from these programs," said senior UB participant **Harold Dudley**. "And that is a great feeling to have."



Upward Bound & Science Bound



They give us a lot of information about preparing for college and knowing more or less what to expect when we get there.



Katy Iovan



Luis Quintana

Saul Ceballos



They keep us from giving up because we know all of our hard work will be worth it in the end.

Preparing for college through AP classes, SB senior **Ashley Botts** and UB senior **Kelsey Brooks** work on poetry during their AP English class.

They help by giving us a scholarship to help with expenses and that takes a big load off our shoulders.



Asking questions about upcoming SB events, at left, sophomore **Jamar Birch** consults with SB sponsor **Anette Bierkamp**. Upper right, seniors **Myra Weatherall** and **Silvia Aguayo** take a break from working the concession stands at a basketball game to raise money for a Chicago trip.



Voices of Change performs M.L. King's famous "I have a dream" speech for Black History Month at Meredith Middle School. The performers cheer as the speech is read.



Before practicing their skits for an upcoming event, a group of students set the stage for action. The students have learned that practice makes perfect for major performances.



Voices of Change

In Ames, at the state Mental Health Conference, Voices do skits for the patients. The audience cheered approvingly at the end of the show.



Voices make a CHANGE

Story/Layout by Tessa Hartman

H

earing voices? Those voices are coming from the EHS stage and it's Voices of Change performing skits about real life situations.

These talented students get up on stage and act out situations that happen in real life and deal with diversity such as sexism, racism,

bullying, special needs and homosexuality.

"The skits we do show real life situations and ways to work them out," said junior **Malory Murphy**. "It's fun and it teaches you how to interact

with people different from you."

Ruth Ann Gaines is the Voices of Change



sponsor. According to Gaines, any student can be in it and act.

"I love it!" said Gaines. "I love helping people come together. Diversity is my mission. I was born to help people get along."

Voices met on the third Wednesday of every month to practice their original skits. They have been to many different schools such as Southeast Polk, Meredith and even traveled to Ames and other various places in Iowa.

"It's a sheer adrenaline rush going up on stage," said junior **Janelle Madrid**. "You get to pretend like

you're someone you're not."

It all started in 1992. Four groups were formed for students to join: Voices of Change, Forums, School Exchange and Celebrations.

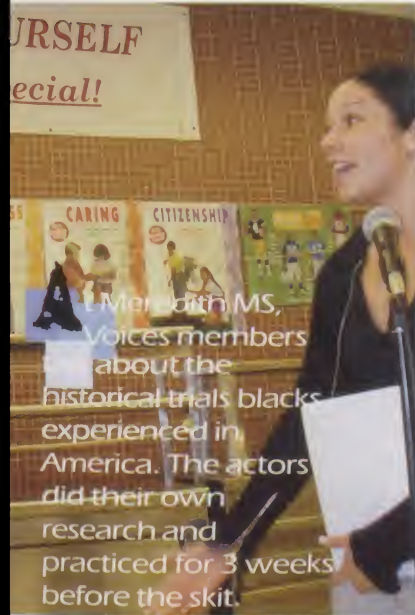
Each dealt with diversity in its own way. For example, Celebrations was all about different ethnic groups. The students would bring in different ethnic foods to serve at the cafeteria. There were groups that came to assemblies.

Unfortunately, all but Voices was stopped due to lack of funds and because it got harder for students to get together.

But the class kept Voices of Change going. In the spring they went to the Historical Building for a diversity conference to discuss racism, bullying, special needs and gay/lesbian issues.

When they have these discussions, it's all about "empowering each other" and learning how to deal with differences in the world, according to Gaines.

"We talk about prejudice issues and different types of people," said senior **Kenterrill Johnson**. "It's fun and exciting. We get to act, clown and have a good time."



Voices of Change



Be Professional About It

Story & Layout by Chris Piatt



When East teacher **Mary Jane Kaldenberg** goes to school every day, she not only prepares to give her students a good lesson, she also prepares them for their future.

Kaldenberg was the sponsor of the BPA (Business Professionals of America) for the 11th year in a row. BPA is a year-round club that teaches students proper business procedures, prepares them for the business world, and allows them to compete with other business students.

At the State Leadership Conference, East competes with students from all over Iowa in over 70 categories including



word processing, accounting, small business management, interviewing, speeches, and computer programming.

"You have to want to be in this program to succeed and you have to be able to get along with difficult people to make it, but it's fun," said senior **Rahni Janssen**. Janssen is a first-year BPA student.

As students become involved in BPA, they are required to have and keep a job to earn full credit. Along with earning school credit for having a job, they earn money, make friends, and can even earn DMACC credits that can be transferred to UNI, Iowa, or ISU.

"Well, first of all I believe this program is beneficial to students because they learn skills in the class and the club has offered so many students the opportunity to compete, and that's the fun part," said Kaldenberg.

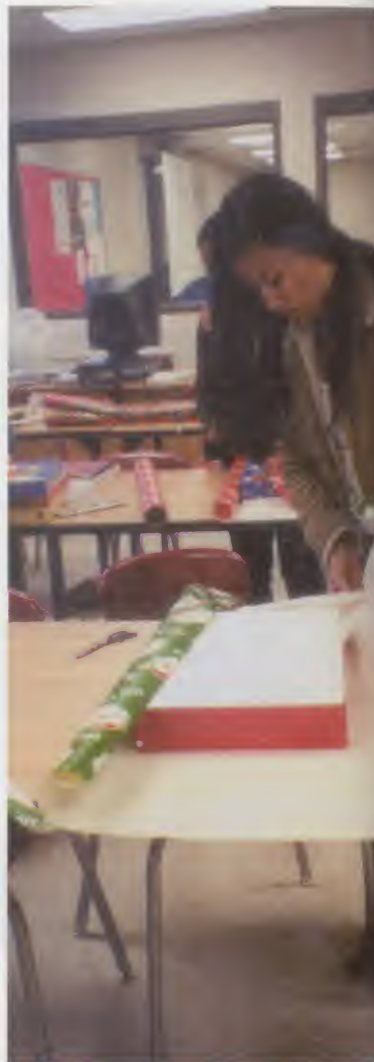
BPA is an organization that is active in the community too. They provide food, clothing, and presents for families with needs at Christmas every year in their annual "Adopt-a-Family." The group also makes treat bags to welcome new staff, and has an annual Christmas party at Kaldenberg's house.

"It's fun because we get to reach out to the needy and experience new things like meeting people from all around Iowa," said senior **Tiffany Howser**. Howser is also a first-year BPA student.

BPA takes part in four conferences. At the Fall Leadership Conference state officers are elected, and a speaker talks about leadership. There is also the Regional Leadership Conference in January held at AIB College of Business in Des Moines. The State Leadership Conference is the second largest with over 400 Iowa students competing against one another to qualify for Nationals.

If one of the East students places, he/she earns an invitation to the National Leadership Conference held in Anaheim, California, to compete with over 4,000 students from across the United States. It is held over five days and includes a special event held in Disney Land.

"The competitions are a great experience and I would recommend the program to anyone," said senior **Amanda Goff**.



Above, the BPA students present treat bags they made for the new staff members. At right, seniors **Rahni Janssen** and **Tiffany Howser** and junior **Sara Kain** chat at the annual Christmas party at sponsor **Mary Jane Kaldenberg's** house.



Business Professionals of America

BPA SPOTLIGHT

Top Left: **Rahni Janssen**, Senior, 1st year in BPA

Top Right: **Tiffany Howser**, Senior, 1st year in BPA

Bottom Right: **Amanda Goff**, Senior, 2nd year in BPA



Making treat bags for the new staff at left, senior **Amanda Goff**, finishes her last few bags. Top left, the group is ready to present their gifts to their "family."



At left, junior **Sunny Bounyalath** wraps a present that was bought for their Adopt-a-Family.

Right, junior **Christina Sweet** and Goff wait at the Fall Leadership Conference. The competitions and the Adopt-a-Family were just a couple of activities BPA did this year.





Cheer what are you waiting for! "Varsity cheerleaders, from left, **Sarah Enos, Meredith Breton, Jenna Crum** and **Mallory Johnson** laugh it up at a varsity football game.



WRESTLE! Front row, **Alyssa Heggen, Meagan Mangra, Jenna Crum, Nicole Freel, Nicole Waldron, Katelyn DeHaan** and **Ashli Walker** made the varsity wrestling squad for the 04-05 year. They traveled all over Iowa, hitting the mats.



Junior cheerleaders **Mallory Johnson** and **Meredith Breton** cheered varsity football and both boys and girls varsity basketball.



Varsity senior cheerleaders, from left, **Amanda Christie, Ashlee Rankin, Amber Tyler, Nicole Waldron, Carissa Hibben** and **Elma Mujakovic** got tough in Wisconsin while they attended a UCA cheerleading camp.



Cheerin' it up

Story/Layout by Alyssa Heggen

an rah ree kick um' in the knee, rah rah ras kick um' in the...other knee." So the cheerleaders don't really cheer like that, but they do give their all cheering for football, basketball, and wrestling. "The girls work really hard and they do a great job, I love getting to work with these

girls," said coach **Denise Rourke**.

From Des Moines to Ankeny to Chariton, and all the way to Ottumwa, the cheerleaders follow the Scarlets everywhere

they go and cheer them on to victory. From Sunday to Sunday the cheerleaders practice and cheer their hearts out, pumping up the crowd and jumping up in the air and even being tossed in the air.

The cheerleaders held two clinics this year for girls from elementary to junior high school. One of which was very successful and the other not

as successful with only three girls showing up to the performance.

"Some of the kids are total brats, but the majority are so cute when they try," said junior **Nicole Freel**.

Wrestling, sweaty guys throwing each

other around with cheerleaders pounding on the mat. Football, big tough guys tackling and grunting with the cheerleaders rooting for a touchdown. Basketball, dribbling, shooting and passing, and cheerleaders wanting a three-pointer.

"Wrestling is awesome. It gets so intense and being the only senior on my squad is a lot fun because i know i'll have a great senior night," said senior **Nicole Waldron**.

Going to camp during a cheerleader's varsity career is fun, but tough, because a varsity cheerleader "has been at this for a while and she should be good". But what if it's your first year?

"It wasn't that difficult to catch on with the other girls who had been doing this for three or four years, I caught on pretty fast and I had a lot of fun," said junior **Sharmaine Lee**.

They tumble, they fly, they jump and they cheer. The cheerleaders do a lot and love every minute of it.



This varsity squad, doing an elevator stunt, cheered their hearts out and led the boys to a victory. **Sarah Enos** is supported in the air by **Mindy Carey**, **Meredith Breton** and **Mallory Johnson** while **Heidi Hedberg** and **Erica Latcham** cheer on the team.

Varsity cheerleaders **Mindy Carey**, **Sarah Enos**

Meredith Breton, **Mallory Johnson**, **Heidi Hedberg**, and **Erica Latcham** cheered on the varsity boys and girls basketball teams this year. They had a lot of fun and seniors will be missed very much.



Varsity Cheerleading





Above, freshman **Mattison Sellers** hangs a sign during Homecoming week. At night, freshman cheerleaders gather for a night of fun before the Homecoming game.





Far left, freshman **Lindsey Hosman** cheers on the freshman football team. At left, sophomores **Nichole Rayman, Addison Speck, and Lacey Bergan** enjoy a break at camp. This year, the girls went to camp in Wisconsin at the Kalahari Resort.

Pumpin' up the crowd

Story/Layout by: Meredith Breton

Cheerleader: a person who directs organized cheering, especially at a sporting event. This is the definition stated by the *Merriam Webster's Dictionary*, but the 9th and 10th grade cheerleaders proved it took much more.

Ninth and 10th grade cheerleaders worked hard this year, on and off the floor, to come one step closer to the varsity squad.

Sophomore **Lacey Bergan** said, "I have tried my best all year trying to improve. I just want to be able to perform well at the varsity level next year."

The girls' season started early in July, when the first of the hot and humid summer practices began.

Freshman **Jennifer Sullivan** said, "I remember working hard every Sunday and Wednesday in the front of the school. It was so hot and it took all of our energy."

Sophomores started by preparing for the UCA camp they attended for the first time. They had to learn and perfect their home pom dance. This dance was performed at camp to show what their squad had to offer.

While at camp the squad also learned a dance called the Extreme Routine. They were given the opportunity to perform it and received 1st place.

"I was so excited when they announced we took 1st place on the JV level," said Bergan. "It showed all our hard work paid off."

When the freshmen began summer

practice they started off learning the many cheers they would be using on the sidelines. They also had to learn the choreography to the school and fight song that they performed at several assemblies throughout the year.

"It was all so overwhelming. We had so much to learn and remember," said Sullivan.

The girls also worked hard during the school year. In the fall they cheered at football games once a week.

During the winter the girls divided the sophomore basketball games between the squads and the sophomores also cheered at JV wrestling meets.

Sophomore **Nikki Robbins** said, "The winter season seems to be the busiest. We always have so much to do, it gets stressful."

The 9th and 10th grade squads worked exceedingly hard this year to fulfill their duties and spread EHS S-P-I-R-I-T.



SH-R-I-T, let's hear it! The sophomore squad shows their spirit after a big play. This year's squad dazzled the crowd with new cheers and chants.

9 & 10 Cheerleading



Steppin' it up

Story/Layout by Amanda Khodai

Freshman **Rachael Schwartztrauber** is behind the curtain in the HyVee Convention Center waiting to compete. She's going through those last minute details of the dance, costume, facial, and everything else to make sure everything's perfect. Then that last minute is up and all of those

countless hours of preparation come down to the moment when the curtain is pulled back and she takes the floor.

Schwartztrauber was one of the many Steppers that felt those last minute jitters on December 3 at the Iowa State Dance/Drill Team Association competition. Steppers took 2nd place overall in the novelty category and Sioux City West took 1st place.

"I was shocked and happy when I found out we got 2nd place. All of the hard work and planning that went to get to that point was an overwhelming feeling," said senior **Ashlee Petersen**.

Practices for state started last August when the girls started to learn the routine. They had to balance their time with concentrating on perfecting their state routine and working on other routines in planning for football performances.

Sponsor **Jacqueline Carillo** said, "It was difficult at times trying to work on several things at once but once we were done with football season, we hit state practices hard."

Steppers held practices in the school gym but they also had practices at other places. They practiced at Becky Nalevanko's Dance and Tumbling Studio and rented out a room at Aspens Athletics Club. There the girls were able to see their movements in front of mirrors and help them look better together while dancing.

"Practicing in front of mirrors helped me by letting me watch myself and to see

things I was doing wrong. I have to be able to see my mistakes in order to correct them," said senior **Andrea Denning**.

The Steppers have done a novelty routine before for state, but always had the sponsor or a Stepper choreograph the dance. This time they brought in choreographer Amanda Nalevanko to teach them the routine "Sweet Religion." It had an Arabian feel to it, which was something different that the Steppers had never done before.

Senior **Amber Preas** said, "It is always fun to do something you have never done before and I had fun dancing it. The routine was very tiring to do but still fun."

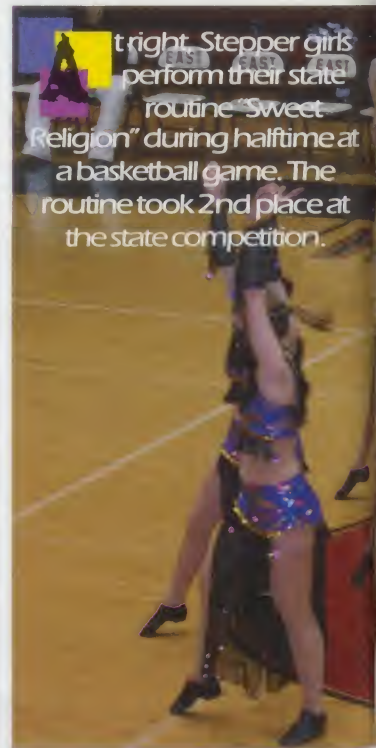
The girls went through many struggles with the state experience. At first all thirteen Steppers planned on competing at state but as time passed, two girls were injured and were not able to compete. Those two girls were seniors **Anna Miller** and **Kasey Murray**, but they continued to give the rest of the girls their support during state and everything turned out O.K.

Another thing that was different than years past with state was that there were two stages for competing. Half of the competitors were in Vets Auditorium and the others were in the HyVee Convention Center. The Steppers were in the convention center and it had a different feel to it than Vets.

"I didn't feel like I was at state when I walked in. The seating wasn't even half of Vets and the stage was smaller. I felt like I was performing for a basketball game," said sophomore **Kacie Eggen**.

Schwartztrauber said, "This was my first experience with state and even through the ups and downs, I enjoyed it and look forward to it next year."

At right, the squad sings the school song and fight song at the Iowa State Fair. The Steppers were also a part of the Iowa State Fair parade. At right, below, the girls perform a kick routine at Simpson College during halftime of a football game.



Steppers



Senior Steppers



Ashlee Petersen



Amanda Khodai



Taryn Brumm



Amber Preas



Cassi Banter



Andrea Denning



Amy Page



Anna Miller





Shannon Stewart
Senior
*Captain



Dayna Williams
Junior



Sydney Williams
Sophomore
*Captain



Abby Dawson
Sophomore



Samantha Bullington
Freshman

Meet the Guard



MaryBeth Phillips
Senior



Heather Alexander
Junior



Trista Johnson
Sophomore



Jena Bowen
Freshman



Mikel Beem
Freshman

Standing prompt, the Color Guard helped support the football team along with the marching band at each home game. This is a tradition that takes place at the end of every pre-game.



Color Guard

Raisin' the BAR

Story/Layout by Sydney Williams & Katie Sturtz

The Color Guard had a goal, reached for it, and held on with both hands. With one member on her way to touring the state and the team ranking high at competitions, this was a season of many accomplishments.

At the Iowa State Dance/Drill Team Association (ISDTA) competition, the Guard received a division one rating along with six other teams in their category. Out of those six, they took fourth place, just one point away from third.

Coach **Michelle Eggleston** said that she was delighted when she found out that the Guard had done so well.

"That was just the beginning. We can accomplish so much more," said Eggleston.

In past years, Eggleston has written the routine for the state contest, but this year, the squad tried something new.

Peter Trimble, who was interested in choreographing a routine for any squad interested, contacted Eggleston.

Eggleston and the captains agreed that it would be a good experience, but it would come at a price.

The Guard and their families raked leaves to raise the funds needed.

"We raked about 25 yards and received about \$1,000 in donations," said Eggleston.

Trimble's choreography and assistance, along with new red uniforms and a set of flags was paid for with the money earned.

With Trimble and Eggleston's advice and techniques, members of the guard were able to attend clinics for the Dubuque Colts for the first time.

Junior **Heather Alexander** and sophomore **Abby Dawson** attended.

"It was a super-neat experience," said Alexander. "I learned a lot."

Holding her head high, Dawson will be the first Scarlet on tour with the Big Drum and Bugle Corps.

"It's amazing, I'm pretty sure I'm the first one from East, and it's way bigger than marching band," said Dawson.

Though it didn't work out for Alexander, she is "anxious to go back next year."

Dawson will be touring Iowa for sixty days and over 1300 miles this summer.

Both Alexander and Dawson brought

new skills back to their squad, which should help the team in the long run.

For the first time, the Guard made an appearance at the Oskaloosa contest February 26.

Senior **Shannon Stewart** was anxious about competing.

"We did really well at State this year, and we had a chance to do even better," said Stewart. "We had a good routine and thought we'd do really well."

Though winter weather hurt practices, it did not dampen the spirits of the team.

"I want to have pride in what I do and what we bring to competitions," said junior **Dayna Williams**.

The contest brought school spirit to a new level for the Guard.

"We wanted to show other schools what we were made of," said junior Alexander.

Coach Eggleston set the bar high, once again, in hopes of meeting new goals.

"I wanted to see (the Guard) bring the highest level of performance I had seen yet!" said Eggleston. "I hope they gained valuable performance experience, and had fun in the process."

Their score reflected their efforts when they received a hard-earned first place.

According to Eggleston, the Guard hopes to attend other competitions in the future besides Oskaloosa. Before they take on any more, there is still work to do as "a whole unit in expanding and retaining the talent of the current squad."

By traveling to non-local events, the guard can experience new techniques of performing.

"Seeing a diversity of style and musical interpretation is another plus to attending," said Eggleston.

Although the Color Guard's hands are full, holding on to those goals paid off.

"Color Guard has been one of the most awesome experiences that I've taken part in, in high school," said senior **MaryBeth Phillips**. "I'll never forget about it and how far we have come."

ColorGuard



Shakin' It Up

Story/Layout by Josie Sacco



What's the group that gives everyone the most anticipation when waiting for one of their entertaining performances? That's right, it's Scarlet Dance Squad (SDS).

"SDS is a very hard working group, and you can tell from their breathtaking performances," said freshman **Janna Sacco**.

"They get the crowd hyped and their dance moves are always the best and latest," said sophomore **Darcey Spencer**.

SDS started in 1989 when six African-

American girls thought it would be a good idea to start a dance group that would be easier for them to get into.

When preparing for a performance, SDS practices for 2 hours after school and the team captain,

DeMarcus

Mitchell, keeps the group in line with breakthrough moves and catchy songs.

SDS had three successful performances this year. "They were all great," said Spencer.

One of the three performances was at the winter assembly, and the other two were at basketball half-time shows. Those were the final three

performances for the 2004-05 school year because of some legal issues concerning some of the members.

"I am so disappointed in our actions," said freshman member **LaTasha Hall**.

"I was so mad when I found out that we couldn't perform for the rest of the year, but that just gives more time to prepare for next year," said Mitchell.

"We had a lot of fun and we are so sad that it had to end the way that it did," said freshman twins **Courtney** and co-captain **Carissa Smith**.

Some of the songs that SDS has performed with are Ciara featuring Petey Pablo "Goodies", Petey Pablo "Freek-A-Leek", and Usher's "Yeah", featuring Lil Jon and Ludacris.

Mitchell loves making up the new and improved dances and says it's fun being able to pick something and make a nice smooth routine out of it.

This year, along with many others, there was a slight controversy against North High and some of their dance moves because SDS performed at the East vs North home game and a couple weeks later North had used quite a few moves that SDS used.

"It's all good, though," said Mitchell. "Our salt shaker is way better than theirs, and their heel-toe is okay."

SDS will be back in business in the 2005-06 school year.



Scarlet Dance Squad



SDS practices hard for an upcoming performance, at far left. They had hard long practices after school for 2 hours every day.

Seniors, captains and managers pose for the camera when taking their special pic.



M Meet SDS . The team's happy faces brighten every pic. Just check out manager Derek Smith's smile.



SDS performs at the winter assembly. They had a blast as the crowd cheered them on, especially the captain, DeMarcus Mitchell.



SDS practices for their next big event. Their extremely hard work paid off in the end.





Getting prepared to perform during a fall half time, the drum line pumps up the crowd playing the school fight song.



We got the **B&A**

Story by Karen Sawhill & Katie Lown
Layout by Matt Grochala

This year the marching band has gone through many transitions. All of those transitions root from the new director **Ernest Jennings**. Mr. Jennings was originally the director at North; he then left to defend our country in Iraq. While he was gone his job was replaced, and he was then transferred to East when he returned.

"I think that bringing Mr. Jennings in helped the program a lot. He knows so much about marching band," said sophomore **Samantha Gagle**.



Marching band not only performed at the football games, they brought their routines to competitions as well. Those competitions included, State which was held in Waukee and Valley Fest. The band performed well at both competitions, but some participants felt they could have done better.

"I think that if we had more practice before Valley Fest we could have done better. Mr. Jennings was new and just getting situated, we all didn't know what to expect. I think that next year we'll be much better considering Mr.

Jennings will know more about how we work," said sophomore **Ashley VanGorp**.

The band also performed in many parades, one of them was Fire in the Sky. Fire in the Sky takes place around Christmas time, bands from across the state gather downtown, and play Christmas tunes. East's marching band got to be in front this year.

"We've went to Fire in the Sky for a few years, it's so great that we finally got to lead all of the bands, we've worked hard for that," said junior **Jake Atkins**.

Many freshmen had their eyes opened to see what it's like to be involved in a high school band. They experienced, the all day summer practices, the early morning practices, the cold weather, competitions, learning new drills, and most of all performing in front of large crowds.

"The hardest thing was waking up so early in the morning," said freshman **Sarah Lown**.

"Sometimes it was really cold and other times it was hot, but we still had fun."



Marching/Concert Band





Waiting for the conductor to start, the band stands ready on the field. At bottom, the drum line plays a song during the Color Guard's performance.



Throwing up her baton, junior Emilie Fessler-Boylan strikes a pose after she nails her routine. Above, sophomores Jennifer McDaniel and Ashley Van Orp play the flute while performing the National Anthem.





Senior **Dustin Harmsen**

listens to directions before he begins to play. At right, senior **Courtney Bush** performs a solo on the flute. Jazz band members had many opportunities to perform solos throughout the year.



Jazz Band



Playing a

NEW TUNE

Story/Layout by: Nikki Mowery & Meredith Breton

East's jazz band is now swinging to a new beat. This year's band members looked forward to a new year with a new director, **Ernest Jennings**.

Senior **Dustin Harmsen** said, "I expected to do a lot better with the new director, he had some good ideas."

Jennings came to East with grand ideas. With so many talented jazz musicians, Jennings decided to divide the band.

Jennings said, "I split the jazz band partly to increase the numbers in the department and to help with recruitment."

Deciding to create two different jazz bands provided everyone with an opportunity to play and to gain experience. Those who normally would not get to play were able to participate.

Senior **Courtney Bush** said, "I think it was a great idea to split the bands, it gives everyone a chance."

The bands were picked strictly by try-outs; grade level didn't matter.

Jennings said, "Both bands were selected by auditions. I didn't use any other factors to decide who was in which band."

There were mixed feelings on dividing the band, but most people felt it was a good idea.

Sophomore **Josh Strothar** said, "It is OK, I mean we now have two good bands."

"I hated the idea at first," said Bush. "Then realized what it did for us."

The bands participated in competitions

and because there were two bands, they had to take turns performing at each event.

"The bands didn't compete against each other this year, we didn't have enough people. It will probably happen in the future," said Jennings.

This was also the first year for the Metro Preview Concert to be held at East. This concert is an exhibition, or a way to show what this year's band has to offer. November 22nd, bands from all over the metro came to strut their stuff.

"The Preview Concert was fun," said Harmsen. "It showed everyone that we could do better this year."

This may only be the beginning of the changes the jazz band will go through, but they are all definitely for the best.

"I just started handling everything at once. I am happy where I am for now, but I do have a plan for a great program," said Jennings.

Jazz Band



Sophomore **Benjamin Chappell** practices playing his guitar. There are two guitar players in jazz band.





Story / Layout by Karen Sawhill

Musical Lingo

Crescendo... to grow louder

"We went on more trips this year, but that's probably because we didn't do



A photograph of two young women standing indoors, looking at a newspaper or magazine together. The woman on the left is wearing a light pink jacket and blue jeans. The woman on the right is wearing a dark blue jacket with a fur collar and blue jeans. They are standing in front of a wooden door.



leson
Teichroew,
Jennifer Brown,
Rachel Olson, and
Rachael Fowler
 (right) practice "Go the
 Distance" during class.
 Teichroew had a solo
 during the song.



Breanna
Fousek and
Michelle
Sutherland (above)
 laugh while singing "Any
 Dream Will Do." This song
 was chosen from *Joseph*
and the Amazing
Technicolor Dreamcoat.

Anthony
Calvashe and
Chris Huynh pose
 while singing "Luck Be a
 Lady." Calvashe and
 Huynh each had solos in
 their performances.




Josh Woolson,
Darron
Haygood, and
Anthony Calvashe
 sing "Luck Be a Lady."
 This song was chosen
 from the musical *Guys*
and Dolls.




Bass/Lady Scarlet Choir



 Lady Scarlets sing "42nd Street" at their February concert. The theme was titled "Showtunes."

Voices *loud & clear*

Story/Layout by Jennifer Lyon

 Bass and Lady Scarlet choirs had a new teacher this year. **Traci McCaull** took the place of **James McNear**.

McCaull previously taught music at Hoyt Middle School. She has never taught high school before, but feels like she was well prepared.

"I like it very much. It's different, but in a good way. Students are more mature and dedicated," she said.

Students went to many different places to sing before winter break, including middle schools like Hiatt, Hoyt, and Goodrell.



Sophomore **Rachel Olson** thinks concerts were a big improvement from last year.

"The concerts were a lot more fun and not so serious," she said.

Concerts are a big part of the choir classes. They give students the opportunity to prove what they can do.

"Concerts give me the chance to show that I have talent, even though I can't play sports," sophomore **Jennifer Brown** said.

Having a female teacher was easier for most of the students in Lady Scarlet choir because they are all girls and have matching voices. Many of the students from both classes really enjoy

having McCaull as their teacher and like how well she gets things done.

"She pushes us to do better," said senior **Celeste Locona**. "She practices with us until we get it right and she's easy to get along with."

"She's more down to business and more involved with the vocal music department. She takes more time to do things," junior **Darron Haygood** said.

Bass choir is a very small singing group. With only five guys, they have to work much harder. However, they don't think this holds them back at all.

Senior **Josh Woolson** said, "A smaller class is easier because we can go through the material a lot quicker."

"It's easy to have a small class because I can get more attention," said Haygood.

Not only do students succeed with music in the classroom, some plan to take it with them in the future.

"I want to be a music teacher so I can give music back to the community," Brown said.

"I might take college classes on singing," said Locona. "I'm also thinking about starting a band."

Bass/Lady Scarlet Choir



Strings R' Us

Story/Layout by: Samantha Waters



one, a two, a one, two, three, four." That is the prelude to a beautiful piece about to be played by the East High orchestra.

This year, the orchestra had many performances including one at the mall. They also had four main concerts: Halloween, winter, spring, and one for the seniors.

"I loved going to the mall to perform," said junior **Kortney Stevens**. "We got to go shopping after we were done. Now that's what I call a field trip."

Every year instructor **Jennifer Luft** takes her orchestra on one big trip. This year it was Denver, Colorado. They were there for three nights for the concert, but they were also there to have fun.

"I was excited to go out of town, but I wish we would've been able to see more of the city than just the tourist sites," said junior **Seashia Vang**.

Many people think that orchestra wouldn't be hard at all, but it's a lot more work than it appears. Most people think that putting your fingers where they are supposed to go, and knowing which way a bow is supposed to go, is the hardest thing to learn about playing a string instrument.

"I've been playing for quite awhile and it took a long time to learn all the things I've learned, but it's not so hard

anymore," said junior **Abigail Grover**.

As the year comes to an end, it's time to say goodbye to the seniors with an orchestra performance. **Amanda Morlan, Jacqueline Johnson, Dustin Harmsen, Adam Hazelwood, Ashley Botts, Maureen Graham, Jamie Johnson, Becky Pencook** and **Aginda Lu** all played a big part in this year's orchestra.

"I'm really gonna miss this year's seniors, we all had a lot of great times this year. Everyone has worked really hard," said Luft.

Some of the songs that were played at the senior performance were music from *West Side Story*, *King and I*, *Chicago*, and *Les Miserable*.

"We spent more time on the spring concert for the seniors. They really seemed to get into it since it was their last concert," said junior **Ashley Hughes**. "It was a lot more lively than our other performances we did earlier in the year."



WHAT'S YOUR FAVORITE TUNE?

Junior
Kortney Stevens



"I really enjoyed playing 'Cannon in D' this year. It sounded really pretty."

Sophomore
Dang Felton



"My favorite song was a song by the Beatles. I liked the tune."

Junior
Ashley Hughes



"I liked playing 'Motown Forever'."



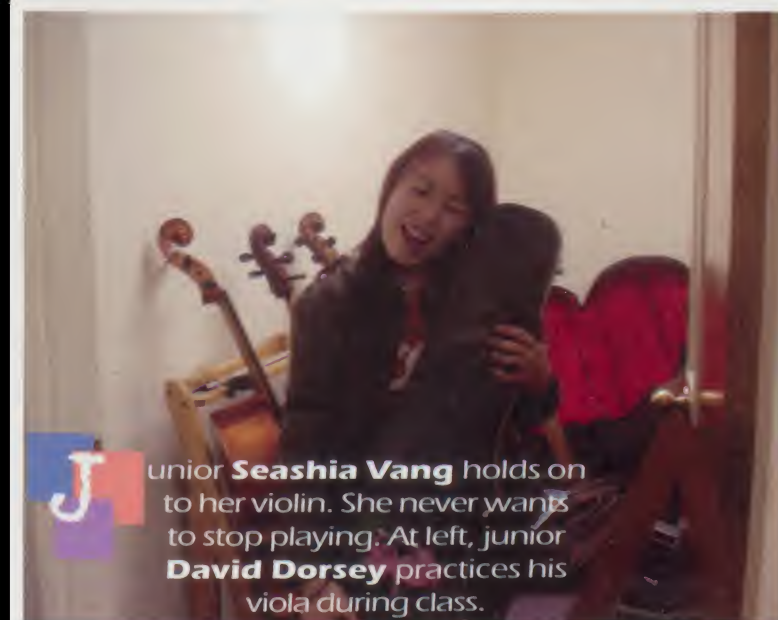
Orchestra



Students practice for the fine arts week. They played four songs and students could come and watch during any period.



At top, juniors **Kourtney Stevens** and **Abby Grover** practice for the Halloween concert. It was a great success. Middle, sophomore **Robert Fry** makes a face during practice. Bottom, sophomore **Dang Felton** hops inside a bass case just for fun.



Junior **Seashia Vang** holds on to her violin. She never wants to stop playing. At left, junior **David Dorsey** practices his viola during class.

Orchestra



SCARLET ORGANIZATIONS



CHAMBER CHOIR

Front Row: Amanda Morlan, Katelyn Moses, Erika Garcio, Matha Theppanya. Back Row: Danielle Kuhns, Kate Bauman, Amanda Pierce, Valerie Strait. Not Pictured: Dixie Tyler.

MIXED CHORUS

(alpha) Keisha Barnard, Elizabeth Benitez, Lacey Blodgett, Jordan Boston, Brandon Brown, Kevin Brown, Narelle Buffalo, Eldon Compos-Anderson, Chekesha Clark, Rebecca Clay, Tarah Combs, Delisa Cordova, Michael Curry, Danikkia Dammeron, Nicole Green, Brittany Grochala, Jessica Helfrick, Jessica Hernandez, Lindsey Hosman, Katrina Irvin, E'Shyla Kelson, Megan Llyod, Latish Lockhart, Shane Maxson, Lori McGee, Abigail Miller, Tamisha Newberry, Nuong Nguyen, Holly Pierce, Mar'netta Rankins, Kayla Tharp, Jay Tillitson, Aundrea Shepherd, Riri Shonai, Lindsay Stoneburner, Tremishia Thomas, Amber Thompson, Tina Turner, Reyna Velasquez, Beverly Wagner, Tony Whelchel, Lizabith Whitney, Ashley Wignall, Brooke Wilber.



LADY SCARLET SINGERS

Front Row: Rachel Olson, Racheal Fowler. Back Row: Breanna Fousek, Michelle Sutherland, Aleson Teichroew, Jessica Nelson, Celeste Lacona, Jennifer Brown, Valerie Strait, Annette Riggan, JaRae' Shelton. Not Pictured: Ashley Baccam.



BASS CHOIR

Chris Huyak, Darrin Haggood, Josh Wilson.
Not Pictured: Ronald Cordes.



PREP CHOIR

Alisa Allen, Samantha Bullington, Jamie Belcher, Pennie Bland, Marcela Castillo, Amanda Coleman, Kayla Court, Amanda Eys, Amanda Grubb, Hillary Dickens, Justin Duckworth, Lindsay Fulford, Brittany Hamilton, Ashlee Hastings, Christine Her, Heidi Hockensmith, Mattika Khumngwan, Kristi Kiser, Amber Lyons, Ashlee Mathias, Susana Moucett, Brittany O'Dell, Ellen Palmer, Virginia Pierce, Tina Spagnola, Jerica Spencer, Lodianna Theppanya, Kahnee Turner, Chelsea Wilson, Sarah Wolfe.



SHOW CHOIR

Front Row: Katelyn Moses, Celeste Lacona, Jennifer Brown, Jessica Nelson, Ashley Baccam, Rachel Olson. Row 2: Michelle Sutherland, Elizabeth Bailey, Jamie Bowen, Alicia Dale, Breanna Fousek. Back Row: Hillary Dickens, Jaime Belcher, Brittany Hamilton, Pennie Bland, Alisa Allen, Brittany O'Dell, Heidi Hockensmith. Not Pictured: Tina Spagnola.

HANDBELL CHOIR

Front Row: Jiear Vang, Rachel Alexander, Anna McCourt, Shara VanWeelden. Row 2: Amber Hardwick-Schories, Colin Coulter, Samantha Gagle, Erin Johnson. Back Row: Rob VanWeelden, Rachel Olson, Nickie Frecl.



Scarlet Organizations

NATIONAL HONOR SOCIETY

Front Row: Ryan Slinger, Nicole Omundson (treas.), Jarae Shelton, Karen Sawhill, Kelli Sawhill, Meredith Breton, Jamila Yakubu, Casey Dawson, Sisamone Thammoroth. Row 2: Michael Hickman, Jeremy Miller, Sarah Rowat, Ashley Baccam, Arielle Petrie, Kathryn Lown, Thuy Huynh. Row 3: Patrick Suggett (president), Allison Griffiths, Randy Chanthavong, Moris Montejo, Walter Mendez, Jacinta Hernandez. Row 4: Sponsor Shawna Green, Angie Lin, Melinda Lansing, Donna Soulinthavong (vice-pres.), Zachary Reese, Rachel Diver, Sponsor Amanda Eimers. Back Row: Lindley Warren, Erin Johnson. Not pictured: Amber Tyler (secretary).



STUDENT GOVERNMENT

Front Row: Sisamone Thammoroth, Casey Dawson, Sponsor Samy El-Baroudi, Nicole Waldron, Amber Tyler. Back Row: Sharon Tonsi, Geoffrey Moore, Amy Miller, Erika Mullin, Holly Bousset, James Smith, Justine Eaton.

KEY CLUB

Front Row: Amanda Pierce, Jennifer Lyon, Danielle McGinnis. Row 2: Mary Ferrell, Breanna Fousek, Celeste Lacona. Back Row: Jami Bowen, Jamie Rowe, Scott Chapman, Jacob Watkins. Not Pictured: Christina Anderson, Anthony Calvache, Josh Nelson.



SENIOR BOARD

Front Row: Carissa Hibben, Katie Long, Jenna Dunkin, Courtney Bush, Shannon Stewart, Nicole Omundson, Amy Page, Jamila Yakubu, Amber Tyler, Sunny Sengaphone. Row 2: Ashlee Rankin, Elyse Logan, Jessica Beavers, Katelin Eaton, Cassi Bainter, Nolan Walker, Anna Miller, Kevin Bradford, Lukas Bolander, Brian Roby. Row 3: Ashlee Peterson, Amy Miller, Morgan Graham, Clista Hazelwood, Brandon Ramirez, Geoffrey Moore, Arielle Petrie, Patrick Suggett, Katilin Brown, Sisamone Thammoroth. Back Row: Heather Munyon, Ladu John, Dean Hoang Van, Rahni Janssen, Kari Bush, Lindsee Hook, Alicia Bowman, Elma Mujakovic, Justine Eaton, Nicole Waldron. Not Pictured: Casey Dawson, Vivian De La Cruz, Kathryn Lown, Erika Mullin.



EXCHANGE STUDENTS



Riri Shonai
Japan



Abdulsalam Abubakar
Nigeria

NATIONAL COUNCIL ON YOUTH LEADERSHIP

Front Row: Donna Soulinthavong, Chamar Lee, Thuy Huynh, Elyse Logan, Alison Augspurger, Nicole Omundson, Amber Tyler, Shannon Stewart, Jamila Yakubu, Sisamone Thammaroth, Kori Cowan, Sunny Sengaphone, Patrick Suggett. Row 2: Silvia Aguayo-Torres, Giao Nguyen, Amy Miller, Kevin Bradford, Nick Lange.



UPWARD BOUND

Front Row: Randy Chanthavong, Diawana Loran, Jennifer Jones, Paula Cortez, Seashia Vang, Jessica Jones, Thinh Luong. Row 2: Pedro Loran, Lanaha Strecker, Katy Loran, Outhat Kaysana, Connie Chang. Back Row: Chirassith Samvong, Geoffrey Moore, Ashley Buchi, Kayrie Ryan, Kelsey Brooks. Not Pictured: Debbie Jo Blair, Kennaye Gravel, Chin Moua, Jiear Vung.

SCIENCE BOUND

(alpha) Marylee Adams, Silvia Aguayo, Jamar Birch, Ashley Botts, Narelle Buffalo, Eldon Campos-Anderson, Dalila Carrasco, Judith Ceballos, Juana Ceballos, Gustavo Ceballos, Saul Ceballos, Mia Chagoya, Chekesha Clark, Catherine Coleman, Alexandria Davis, Vivian DeLaCruz, Denise Drayton, Irma Dominguez, Roxanna Ferreyro, Emanuel Guzman, Stuart Hall, Kennesha Heard, Jose Hernandez, Joseph Huffman, Daniel Jaquez, Aaron Jordan, Whitney Kelly, Humberto Lechuga, Justyn Lewis, Austin Locke, Tyler Locke, Silvia Olmos, Joseph Rivas, Tanisha Madison, Luis Mata, Tiara Mays, Walter Mendez, Chantell Moody, Izaak Moody, Yadira Moreno, Elyssa Patino, Ana Puga, Luis Quintanar, Marshall Romero, JaRae Shelton, Courtney Smith, Joseph Turner, Myra Weatherall, Jared Weatherall, Jacinda Woods.



ACADEMIC TOP 3%

Front Row: Nicole Omundson, Yadira Moreno, Kimberly Loran, Sisamone Thammaroth, Casey Dawson. Row 2: Thanh Nguyen, Brandon Ramirez, Patrick Suggett, Donna Soulinthavong, Amber Tyler, Giao Nguyen, Amy Miller. Back Row: Kevin Bradford, Jordan Lee, Kathryn Lown. Not Pictured: Silvia Aguayo-Torres, Alison Augspurger, Thuy Huynh, Walter Mendez, Amber Preas, Shannon Stewart.

ACADEMIC TOP 15%

Front Row: Gustavo Ceballos, Elyse Logan, Nicole Omundson, Yadira Moreno, Kimberly Loran, Sisamone Thammaroth, Casey Dawson, Jamila Yakubu. Row 2: Megan McCallister, Thanh Nguyen, Katilin Brown, Donna Soulinthavong, Amber Tyler, Giao Nguyen, Tiffany Howser, Dean Hoang Van, Justine Eaton, Walter Mendez. Third Row: James Smith, Arielle Petrie, Patrick Suggett, Aleson Teichroew, Ladu John, Amy Miller, Nicole Damschroder. Back Row: Joseph Huffman, Robert Snyder, Brandon Ramirez, Kevin Bradford, Jordan Lee, Benjamin Heaberlin, Kelsey Brooks, Jeremy Ochoa, Silvia Aguayo. Not Pictured: Marisol Balderas, Timothy Bolten, Holly Boussetot, Alicia Bowman, Courtney Bush, Saul Ceballos, Vivian De La Cruz, Ivana Djukic, Ryan Earles, Katelin Eaton, Sarah Enos, Alexandra Giddings, Allison Griffiths, Aaron Johnson, Steven Kennedy, Nicholas Lange, Maria Maceda, Jeremy Miller, Erika Mullin, Daniel Nguyen, Vinh Phan, Travis Scott, Sunny Sengaphone, Jacqueline Sorenson, Myra Weatherall, Darin Williams.



SPEECH & DEBATE

Front Row: Tanya Scalise, Jessica Avant, Randy Chanthavong, Ashley Baccam. Back Row: Ben Borts, Kelsey Brooks, Genesis Beltran, Emma Diver, Austin Locke, John Whiteman. Not Pictured: Cody Halton, Marquerite Moore, Karissa Morton, Marc Whalen.



LIBRARY AIDES

Front Row: Kristine Bolden, Mirjana Vojvodic, Mireya Perez,. Row 2: Elyssa Patino, Chirasath Saevong, Aleson Teichroew,. Back Row: Shane Maxon, Mindy Jones, William McClain,. Not Pictured: Angela Boley, Alicia Bowman, Donisha Cheatom, Denise Drayton, Megan Groover, Elizabeth Jones, Jennifer Jones, Jenna Kellen, Yolanda Dorson, Jaime Rowe, Amanda Smith, Jharris Tate, Vannessa Smith, Megan Weiland, Kayla Worden, Amber Thompson,.



IA HIGH SCHOOL SPEECH ASSOCIATION

Front Row: Jessica Avant, Randy Chanthavong, Ashley Baccam. Row 2: Kelsey Brooks, Melinda Lansing, John Whiteman. Back Row: Genesis Beltran, Emma Diver, Austin Locke.



THEATER ARTS

Front Row: Mikea Carson, Rachel Young, Jennifer Jones, Tamara Clark. Row 2: Alan McConnell, Kelsey Brooks, Genesis Beltran, Skyler Grenell, Demetrius Frazier, Sheena Cunningham, Joe Monaco. Back Row: Richard Bolden, Christina Anderson, Tommy Thompson, Melva Hanke, Nicole Garrison. Not Pictured: Tasha Coe, Richard Field, Rarnon Velasquez.



VOICES OF CHANGE/LEADERSHIP COUNCIL

Front Row: Chelsea Miller, Terri Ayres, Brianna Murray, Mallory Smith, Jasmine Tyler, Janelle Madrid, Malory Murphy, Amanda Harmon, Mary Ferrell, Laura Bustamante. Row 2: Rohay Sallah, Tina Turner, Jheris Tate, Ginnifer Washington. Back Row: Tyler Larson, Marguerite Moore, Josh Hanawalt, Allen Harrington, Ashton Sauls, Alan McCreath, Adam Spooner, Kennesha Woods, Bruce Nichols, Keyon Johnson, Richard Bolden, Danny Phomvisay, Joseph Monaco, Skyler Grenell. Not Pictured: Tasha Coe, Richard Field, Steven Greene, Suzan Sanachit.



SISTERS FOR SUCCESS

(alpha) Marylee Adams, Monica Aloung, Jerrica Amerison, Maurica Bellaphant, Shannon Bonwell, Tiffanie Brown, Tiffany Burgess, Mikea Carson, Nefatari Carson, Donisha Cheatom, Shekesha Clar, Jociara Clark, Alley Davis, Kalea Delk, Jatoya Edwards, Deaneess English, Bertha Grutel, Kennaye Grutel, Courtney Harris, Kennesha Heard, Marquette Holder, Whitney Kelly, E'Shayla Kelson, Sharisheka LaMay, Sharmaine Lee, Latisha Lockett, Brianesha Mason, Tia Mays, Joslin Moore, Marguerite Moore, Britnee Niclols, Rohay Sallah, Stephanie Smith, Belinda Stigler, Lakesha Stigler, Daquinta Sumlin, Jheris Tate, Tremeshia Thomas, Mary Ann Williams, Jacinda Woods, Kylee Woods.



ACADEMIC DECATHLON

Front Row: Connie Chang, Rachel Diver, Sara Cain, Adam Crane, Melinda Lansing, Thinh Luong, Anthony Calvache, Ryan Slinger, Danielle Cannon.



ROCK IN PREVENTION

Front Row: Clista Hazelwood, Elizabeth Mayes, Tamara Clark, Kari Bush. Back Row: Geoff Moore, Harold Dudley, Dan Bowman, Brandon Ramirez, Luke Bolander, Tasha Hiatt, Alicia Bowman. Not Pictured: Chelsey Wood, Chamee Lee, Allen Harrington, Nolan Walker, Mallory Smith, Jenifer Berst, Robbie Hill.



BUSINESS PROFESSIONALS OF AMERICA

Front Row: Sara Kain, Tiffany Howser, Rahni Janssen (vice-pres.), Chamee Lee (sec.), Advisor Mary Jane Kaldenberg. Back Row: Amber Stewart, Amanda Goff (pres.), Sunny Bounyalath (treas.), Christina Sweet. Not Pictured: Jessica Malmberg.

QUILL STAFF

Front Row: Cassi Bainter, Katelin Eaton, Amanda Khodai, Viviana De La Cruz, Amber Tyler, Kathryn Lown, Jamila Yakubu. Row 2: Karen Sawhill, Elizabeth Mayes, Brittani Coleman, Alyssa Heggen, Nicole Mowery, Nicole Freel, Meredith Breton, Samantha Waters. Back Row: Matthew Grochala, Christopher Piatt, Gregory Zubulake. Not Pictured: Adam Crane, Casey Dawson.



SCROLL

Front Row: Janice Bitters, Randy Chanthavong, Nicole Omundson, Shannon Stewart. Row 2: Ashley Hughes, Jamie Rowe, Danielle Cannon, Erika Mullin, Taryn Brumm, Rachel Diver. Back Row: Jeremy Miller, Timothy Bolten, Amy Miller, Nicole Waldron, Robert Black, Carissa Hibben.

PHOTOJOURNALISM

Front Row: Josh Lee, Josh Douglas, Kristine Bolden, Breann Whitaker. Row 2: Seashia Vang, Kortney Stevens, Angela Boley, Melinda Roush, Kasadee Sellers. Row 3: Teri Ayres, Jessica Smid, Megan Bartelson, Katie Long, Drew Beals, Adam Hazelwood. Back Row: Marty Mohler, Alan Rubenking, Craig Whitney, Ryan Fitzgerald.



I-JAG

Front Row: Taylie Brayman, Grisel Barron, Jennifer Grove, Skye Pettijohn, Tiffanie Brown, Sharisheka Lamay. Row 2: Sponsor Jacqueline Carrillo, Tamara Clark, Marguerite Moore, Tanis Sotelo, Liz Lopez. Back Row: Sponsor Christian Ezell, Robert Mitchell, Adam Wolf, Alisa Allen.

NEW HORIZONS

(alpha) Monika Aloung, Todd Appleby, Sharree Austin, Lindsey Bartling, David Blaine, Andre Buckner, Candace Buckner, Tiffany Carlson, Freddie Clark, Misty Coleman, Cesar Contreras, Yolanda Dotson, Randi Durrett, Demetrius Frazier, Randy Fudge, David Glover, Adolfo Gonzalez, Courtney Harris, Jacinta Hernandez, Maquetta Holder, James Holmes, Kenterrill Johnson, Toshawna Johnson, Matthew Jones, Tyler King, Sharisheka Lamay, Bun Lo, Amanda Loeurng, Brandon McNeely, Ashley Miller, Joshua Mosqueda, Mariana Murillo, Nyakoma Paleak, Jennifer Robbe, Mary Son, Donald Steele, Lakesha Stigler, Nicholas Sullivan, Recio Sumabat, Janeica Terry, Shannon Terry, Matha Theppanya, Andrea Torres, Kou Vang, Chasity Whisenand, Shawn Williams, Lateka Wright.



FRENCH CLUB

Front Row: Walter Mendez (sponsor), Vera Lim, Daanone, David, and T. M. Sae. Hannah Grinn, Lydsey Griffey, Israel Duran, Brooke Fitzgerald, Kayla Maria Macella, Dennis Souvannavong, Jovian, and David Van. Back Row: Alex Lin, Melissa Say, David Polavong, Patricia McQuinn, Victor West, Lawrence Smith, Katie Smith, Spenser, Amanda Linette, Jenell Diller, DeRon Baur, Not Pictured: Jessica Ngou, Allen Brooks, Kaitlin Caputo, two sponsors, Nehitani Cannon, Colin Cochran, Amanda Gray, Alicia Daly, Sherran Ema, Hilary Dickens, Alec Lavan, Marisol Marquez, Anna McCann, Megan McElherly, Ariel Roeker (historian), Paige Surgen, Brianna Uordak.



PEER MENTORS

Front Row: Chirasath Saenvong, Karissa Morton, Samantha Smith. Row 2: Phonethip Vangvongthong, Sydney Williams, Chase Hall, Kylee Woods. Back Row: Brandy Sisamouth, Anthony Calvache, Marshall Romero. Not Pictured: Katy Bernadino, Pennie Bland-Powell, Jennifer Davidson, Abby Dawson, Shantall Diaz-Colunga, Israel Duran, Nikki Ellis, Monica Harkert, Jessica Khammany, Tia Mays, Katie McCuddin, Steve Nutt, Alison Ring, Tricia Robbins, Masyn Sayre, Amy Tarr.



SPANISH CLUB

Front Row: Yodira Marroquin, Myra Weatherall. Back Row: Justine Eaton, Erika Mullin, Nicky Widdren, Brooke Wilbur, Gloria Salazar. Not Pictured: Andrew Strahl, Roseanna Ferryro.



CHESS CLUB

Seated: Jameson Gerstenberger, Kevin Alcorn, Sponsor Geoff Farrell, Sponsor Sami El-Broudi. Standing: Jesus Reyes, Tamisha Newberry, Brooke Van Gundy, Danielle McGinnis, Zack Reese, Sponsor Erick Hunter. Not Pictured: Brandon Andrews, Orlando Valdez.



GEAR UP

(alpha) Alan Althaus, Juanita Alvarado, Nickolas Ambrosion, Miranda Atchison, Matthew Barton, Drew Beals, Daniel Bernardino, Kelsey Boattenhamer, Richard Bolden, Jerica Brown, Taryn Brumm-Langerud, Meaghan Bruner, Veronica Cain, Jacob Campbell, Jarell Carson, Mikea Carson, Anthony Carter, Joseph Channon, Amanda Christie, Adam Clark, Jociara Clark, Tasha Coe, Peter Cooper, Kristina Daugharthy, Vivian De La Cruz, Jeffrey Elliott, Perry Erickson, Anthony Fields, Rick Fontana, Jameson Gerstenberger, Alexandra Giddings, Demarcus Gines, David Glover, Dustin Gobin, Adolfo Gonzalez, Yesenia Guerra, Matthew Halverson, Allen Harrington, Ben Heaberlin, Carissa Hibben, Dean Hoang Van, Lindsee Hook, Jenny Jensen, Marshay King, Bridget Kirkpatrick, Nicole Kouri, Nicholas Lange, Pedro Leanos, Jordan Lee, Crystal Lester-Bullock, David Lloyd, Alle Lovan, Jammy Lovan, Katy Lovan, Anthony Lozano, Aginda Lu, Jesse Madison, Yodira Marroquin, Brent McCaffery, Ronald McConnell, Brandon McNeeley, Robert Miller, Jeremy Miller, Geoffrey Moore, Erika Mullin, Joshua Nelson, Giao Nguyen, James Norton, Tyler Oliver, Antonio Ortega, Dana Piatt, Patrick Pollard, Amber Preas, Gricelda Ramirez, Alshee Rankin, Nicholas Rattray, Iliana Raygoza, Jenne Reedholm, Jennifer Robbe, Brian Roby, Rachael Rodriguez, Kenia Rojas, Tobias Ross, Douglas Rowe, Suzan Sanachit, Anna Scarbrough, Shi Randi Scott, Anousone Sengsirivanh, Paul Shipman, Jason Smith, Robert Snyder, Stacey Spencer, Kale Stephens, Amanda Steward, Shannon Stewart, Andrew Strahl, Patrick Suggett, Robert Thompson, Ashley Vasey, Crista Villanueva, Matthew Waddell, Shannon Wagner, Javon Washington, Dustin Westlake, Chasity Whisenand, Robert Wiese, Todd Wilson, Jeff Wright, Josh Ziegler.



COLOR GUARD

Front Row: Mikel Beem, Kayla Tharp, Kayla Warden, Trista Johnson, Heather Alexander. Row 2: Samantha Bullington, Abby Dawson, Jena Bowen, Dayna Williams. Back Row: Sydney Williams, MaryBeth Phillips, Shannon Stewart.

ISDTA State Team Competition 2005

STEPPERS

Front Row: Taryn Brumm, Amanda Khodai, Anna Miller. Row 2: Andrea Denning, Amy Page, Ashlee Petersen, Cassi Bainter, Kacie Eggen. Back Row: Amber Preas, Rachael Schwartztrauber, Stephanie Rangel, Emily Dearchs.



ISDTA State Team Competition 2005



SCARLET DANCE SQUAD

Front Row: Carissa Smith, DeMarcus Mitchell. Row 2: Erica Carter, Derrick Smith, Jociaria Clark. Back Row: LaTasha Hall, Bronesha Mason, Courtney Smith, Chekesha Clark. Not Pictured: Kennesha Briggs, Eshayla Kelson, Taniesha Madison.

Scarlet Organizations



VARSITY CHEERLEADING

Front Row: Jessica Beavers, Alyssa Heggen. Row 2: Elma Mujakovic, Heidi Hedberg, Elyse Logan, Amber Tyler, Mallory Johnson, Sharmaine Lee. Row 3: Sarah Enos, Amanda Christie, Valerie Cox, Nicole Waldron, Nicole Freel, Jenna Crum. Back Row: Ashli Walker, Mindy Carey, Stephanie Chubb, Katelyn DeHaan, Carissa Hibben, Ashlee Rankin, Meredith Breton, Erica Lorcham, Meagan Mangra.



SOPHOMORE CHEERLEADING

Front Row: Katelyn Moses, Lacey Bergan. Row 2: Nikki Robbins, Paige Stock, Christina Tharp. Back Row: Hannah Grimm, Nicole Rayman, Addison Speck, Kayse Barker, Brittney Robbins.

FRESHMAN CHEERLEADING

Front Row: Kelsie McCuen, Amber Huggins, Mackenzie Schmitt, Mickie Phengsiaroun. Back Row: Mattison Sellers, Jennifer Sullivan, Emily Ellenwood, Ashely Kasper.



Scarlet Organizations



PEP E BOARD

Front Row: Nolan Walker, Justine Eaton. Back Row: Amy Miller, Erika Mullin, Nicole Waldron, Brandon Ramirez, Lindsee Hook, Andrew Strahl.



ORCHESTRA

(alpha) Gianni Beer, Ashley Botts, Naly Bounyalath, Larry Davis, Shantall Diaz-Colunga, Emma Diver, Rachel Diver, David Dorsey, Dang Felton, Robert Frye, Luke Griffith, Morgan Graham, Abby Grover, Dustin Harmsen, Adam Hazelwood, Ashley Hughes, Jackie Johnson, Jamie Johnson, Phouthasac Keopraseuth, Diana Longoria, Aginda Lu, Jade Manning, Abby Meysenburg, Chantell Moody, Mandy Morlan, Alyssa Mounphoxay, Hoang Nguyen, Keli Paris, Becky Pencook, Nataleen Sakahanone, Kortney Stevens, Seashia Vang, Jacinda Woods.

JAZZ BAND I & II

(alpha) Heather Alexander, Jacob Atkins, Amanda Bellis, Courtney Bush, Ben Chappell, Amanda Coleman, Hal Dudley, Adam Geiger, Kyle Gowin, Dustin Harmsen, Wil Harnan, Michael Hickman, Trista Johnson, Steve Kennedy, David LaGrange, Bryant Lester, Jennifer McDaniel, Jeremy Miller, Stephen Nutt, David Rogers, Sarah Rowat, James Smith, Trent Smith, Travis Stewart, Carl Stoutenburg, Valerie Strait, Josh Strother, Ashley VanGorp, John Whiteman, Jacinda Woods.



Scarlet Organizations



MARCHING BAND

Front Row: Kayla Warden, Kayla Tharp, Trista Johnson, Alysia Bennett, Mikael Beem, Abby Dawson, Matt Bush, Phillips, Emily Pender, Baylon, Sarah Palmer, Shannon Sweeney, Sydney Williams, Heather Alexander, Dayna Williams, Jena Bowen, Samantha Bullington. Row 2: Michelle Eggleston, Duane Horvath, Jesse Drake, John Strother, Allen Napp, Jeffery, Ivan Seibert, Ian Jackson, Bryant Lester, Sarah McFarland, Jake Danford, Tyler Bemis, Robert Van Weelden, R.B. Silpla, Director Larry Jennings, Russ, Jr James, Snyder, David Miller, Hannah, John, Dallas Coleman, Michael Hickman, Kyle Gowin, Kate Bauman, Samantha Byrd, Megan McElderry, Mark Mardenthall, Sam Leown, Chulana Rhenus, Samantha Craig, Savannah, Savannah, Taylor Stogdill, Jennifer McDaniel, Ashley VanGorp, Courtney Bush, Buck Row: Allison Davies, Michael Olson, Travis Stewart, John Whitmore, Antonio Beltr, Nick, Connor, J. M. Stewart, J. J. Smith, Miller, Adam Geiger, Will Harnan, Josh Lyon, Sean McElderry, Nathan Schnorrbelen.



Sports:

Get in the game

Winning does not just happen at East; it is something that our athletes strive for. We do not want to win just once in a while; it has become an important objective to our game. It means more than just beating someone; it has more to do with our sense of pride and our tradition. The objective is to win fairly, and by our rules. That is how we obey by the rules, the rules of the game, the rules of our life.

Down and ready, senior shortstop **Josh Dunham** waits for a ball to be hit to him. The team beat every other team in the conference at least once.

Keeping his eye on the ball senior **Brian Doornenball** gets ready to rip a base hit against North. The team went on to win 7-1 against the Polar Bears.



Swinging for the fence

Story/layout by Greg Zubulake

It wasn't all doom and gloom for the young team last summer, but it didn't stop them from having a season full of great plays, games, and memories.

After losing key players such as alums **Jeff Zelenovich** and **Kyle Audlebold**, younger players had to step-up and fill the positions that were open like shortstop, centerfield, and first base.

"Many people didn't know how the season would turn out for us because we lost some of our key players from last season," said head coach **Brian Luft**.

East finished the season 18-20 and 9-11 in the metro conference.

"We won a lot more games than most people thought we would win," said Luft.

For some returning players this season was tough in the beginning, but as the season progressed the team began to play a lot better and made some big things happen.

"We came up with some big wins and surprised a lot of people," said alum **Aaron Young**.

Some of the players that stood out last season were senior **Josh Dunham**, who led the team with a .342 batting average, junior **Tyler Luft**, who led the metro conference with 7 homeruns, and junior **Nick Eaton**, who was selected for first team all district.

"We had a lot of young players, but when we stepped onto the field it was a whole different story."

Alum Aaron Young

"These are some very good players, and good team leaders," said Luft.

A highpoint for the Scarlets was beating state runner-up and conference rival **Lincoln Railsplitters**.

"When we beat Lincoln, it showed other teams that we were here to win and that we are as good, if not better, than any team in Iowa," said Eaton.

Another high point for the Scarlets was beating the **Dowling Maroons** and going on a 7-game winning streak.

"When we went on that streak, it really gave our team the boost that we needed," said senior **Alan Althaus**.

A disappointing moment for the team was losing to **Newton** in the first round of the sub-state tournament.

"Losing in the last inning was a real heartbreaker, but we will learn from our mistakes and hope we don't make them next season," said Dunham.

The Scarlets will have 8 of 9 starters returning this next summer.

"We have high hopes for next season and with 8 returning starters, we are going to be a dangerous team and a force to be reckoned with," said Tyler.



Varsity Baseball



Resting before a game, players and coaches watch as game time gets closer.

Best of the Best

1st Team All District

Nick Eaton

2nd Team All District

Tyler Luft

Josh Dunham

1st Team All Conference

Nick Eaton

Tyler Luft

Honorable Mention

Drew Beals

Robert Bourdon

Jeff Jones

Brian Doornenball

Joe Hart

Derek Wennkamp

2nd Team All Conference

Marty Mohler, Jr.

Josh Dunham



Senior pitcher Drew Beals follows through and throws a strike to even the count at 2 balls and 2 strikes.



Rounding 3rd base, senior Marty Mohler looks on as East pulls ahead of Marshalltown.

SCORES

EHS		OPP.
1	MASON CITY	8
9	BOONE	7
2	SE POLK	8
0	AMES	10
8	NEWTON	7
21	NEVADA	1
18	CMB	17
8/13	ROOSEVELT	13/9
7/10	MARSHALLTOWN	6/4
9/18	HOOVER	7/16
9/7	NORTH	8/1
8	WINTERSET	2
3	ANKENY	13
10/7	LINCOLN	9/6
2	CR JEFFERSON	6
3	WDM VALLEY	17
7/5	HOOVER	11/7
12/4	OTTUMWA	13/7
14/0	OTTUMWA	10/13
5	WAUKEE	9
4/1	NORTH	7/4
5/3	LINCOLN	13/7
13/10	ROOSEVELT	4/7
7	DOWLING	5
3/8	URBANDALE	4/6
7	NEWTON	8

CONFERENCE: 9 - 11

OVERALL: 18 - 20

Varsity Baseball





Hitting the homerun

Story and Layout by Samantha Waters

The East High Scarlets softball team played one of the toughest schedules in the state last summer.

The Scarlets worked hard during the off season, going to Grand View College during the winter for hitting practices. They also played spring ball.

"We went to the batting practices on Sunday nights. They helped us keep our hitting together and improve," said senior Ashlee Petersen.

During the season, a lot of the players improved their batting averages.

"I think our greatest improvements came with our hitting. We had 8 girls hit over 300 and 11 girls hit higher this season than last," said Head Coach Bob Ligouri.

The team had ups and downs throughout the season. Some of the games they played well, according to Ligouri, were against North Scott, Woodberry Central, Lincoln, Ankeny, City High of Iowa City, and Pleasant Valley. All were rated when they beat them.

"The season was a lot of fun. Going up to Iowa City for a tournament and staying in a hotel was a lot of fun," said sophomore Jennifer Radley.

"Our season was a good one. We won 33 games and were rated in the top 15 teams in the state," said Ligouri.

"The games were alot of fun to go to. The team had a great season and I loved going to watch them."
Kendall Jensen, Junior

This year the team was closer than ever and did a lot of different activities to help people around the community. During the Christmas break, they went and bought presents for families that couldn't afford to buy things for their family.

"I think we all had a lot of fun helping others, it brought our team together. It was also sad because we went to the hospital to bring gifts for a lady that was sick, to give to her grandchildren," said junior Amanda Zust.

This past year, the Scarlets had three graduating seniors, Kim Howell, Bobbie Stradley, and Nikki Cockerham. All were accepted into colleges: Howell to Minnesota State, Stradley and Cockerham to Iowa Central CC. East has had 13 seniors, while Ligouri has been there, that have received softball scholarships and have gone on to play ball in college. Next season, there will be three seniors: Ashlee Petersen, Nicole Kouri, and Jessica Beavers.

"I'm really ready for next season. I think we will do better than ever," said Kouri.

"Our team for next year has great opportunities, but at this time they are only opportunities. We have challenged all of our key players. How those players respond to our challenge will determine how good we really are as a team," said Ligouri.

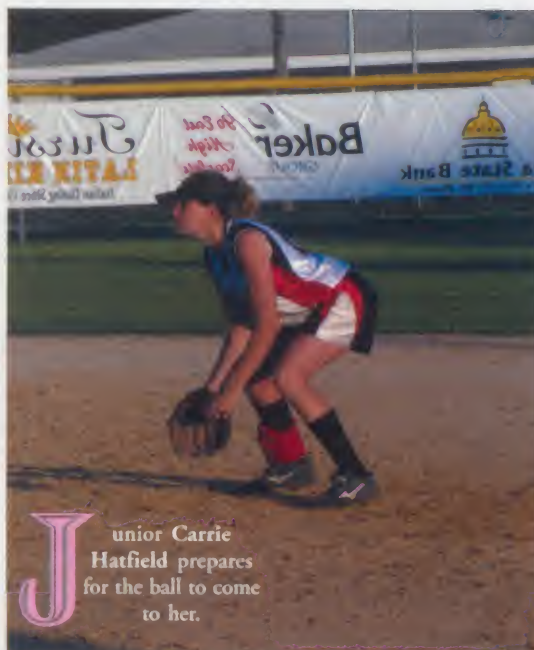


Senior Ashlee Petersen makes a quick throw to first base for the out.



Varsity Softball

At right, parents and fans were a big part of the team this year. Someone had to cheer them on.



Junior Carrie Hatfield prepares for the ball to come to her.

SCORES

EHS		OPP.
11	BOONE	1
10	NEWTON	1
3	ANKENY	1
12	SE WARREN	0
2	S. HAMILTON	1
3/8	ROOSEVELT	1/7
1	N. SCOTT	0
7	IA CITY HIGH	4
1	SOLDON	2
2	PL VALLEY	3
5/2	OTTUMWA	1/3
2/10	NORTH	1/0
4	MT. PLEASANT	0
5	IA C. TY HIGH	1
7	HIV	0
4	CLEAR CREEK	5
1/8	LINCOLN	1/2
0/0	VALLEY	5/1
2/3	ROOSEVELT	3/1
5	NORWALK	3
1	BURLINGTON	2
15	VAN METER	0
4	C. R. KENNEDY	1
2/0	HOOVER	1/3
3/9	SE POLK	1/2
9/6	OTTUMWA	2/2
4/9	MASON CITY	3/3
8	MARSHALLTOWN	0
1/6	URBANDALE	2/8
8/7	NORTH	1/1
1	BOONE	2
2	PL. VALLEY	0
4	C.B. LINCOLN	0
2	WOOD-CEN	1
1/1	LINCOLN	2/4
0/2	HOOVER	1/6
0	ANKENY	2

OVERALL: 33-18



Waiting patiently for the batter to make contact with the ball, Coach Jerry Collins gets ready for a batter to run to first.



Coaches Bob Ligouri and Sam Baugh watch in anticipation from the dugout as the team fights for the win.

Varsity Softball



FRESHMAN

SCORES

8-6	SCORES	OPP.
2	MASON CITY	0
7	SE POLK	5
12/14	NEWTON	5/5
7/23	ROOSEVELT	8/8
5/8	MARSHALLTOWN	4/4
7/15	HOOVER	5/3
10/2	OTTUMWA	11/4
12/18	NORTH	0/2
0/7	LINCOLN	3/13
4/13	ROOSEVELT	0/2
7/12	HOOVER	3/2
2/3	VALLEY	12/8
2/14	OTTUMWA	8/9
0/8	URBANDALE	15/1
10/6	NORTH	0/2
3/9	LINCOLN	13/2
1/4	DOWLING	3/5



Getting back to the base, junior Greg Zubulake slides head first to avoid the tag.

Stepping up to the plate

Story/ Layout by Nicole Mowery

hh.. Summer vacation at last! It's the time of year that every student looks forward to: sleeping in, lounging around, eating junk food, hanging out with friends, and just plain being lazy. This might be true for most kids, but summer isn't just fun and games for sophomore Thomas Page and junior Eric Howser, or is it?

Playing about thirty-two games throughout the summer, the sophomore and freshman baseball teams stayed busy.

"Sometimes it felt like we went days even weeks without stopping. It's like that's all we ever did was play baseball," said Page.

"I love playing baseball because all of my friends are on the same team," said sophomore Dusty Macanich. "It's all the same people that would get together and play Marty Luft and freshman coach Scott Rourke.

"Winning takes a lot of team work and dedication. The boys had to work for that this year but came out fine in the end. The team has a lot of potential, and I knew they could do it," said Luft.

"I think the team worked really hard to accomplish many goals that they set for themselves. Baseball is a team sport and it takes team effort," said Rourke.

Every year there are returning players which is common, but it's not often that those returning players are the ones that are brought up to play on a higher level because of the decrease in sophomore participation.

"We lost a few guys from last year that played with us but didn't go out for the team this year for their own reasons," said junior Danny West.

"This year I got to play on the sophomore team because they didn't have enough people. There were a few [freshmen] that got moved up to play with the sophomore team. It was a great experience though and I had a lot of fun," said sophomore Brett Toncar.

"I can't wait to see the boys next year. I love watching them grow up playing baseball."

Varsity Head Coach Brian Luft

Along with Toncar there were sophomores Joey Petterson, Ryan Brower, and Devin Clipperty. These are the hand full of freshmen that were chosen to play on the sophomore team and even the freshman team for some games. They did great and definitely got the attention of the fans.

"They play just as well as the rest of the team they are just a little bit younger. Its good to see that the other boys didn't treat them any differently," said sophomore Jennifer Davison.

The season was great and the boys worked hard. It takes a lot to be able to tough it out through the good and bad times but with the help of your friends and your teammates it doesn't seem so hard.

"Next year should be even better since most of us will be playing together on the varsity team," said West. "We'll be even better for the next season."

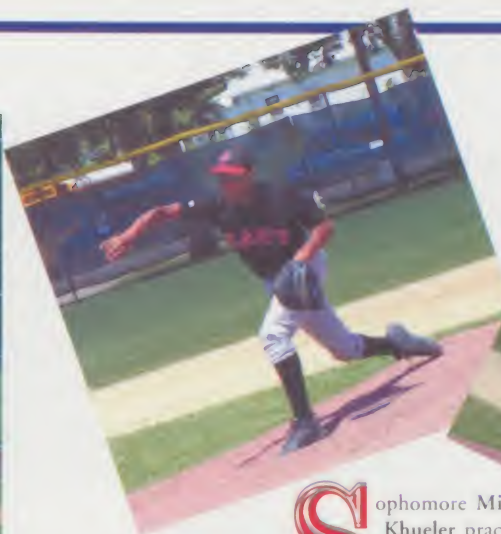


Catcher junior Eric Howser sets up and gives the sign for the pitch. Howser caught for most of the sophomore games.



9 & 10 Baseball

Sophomore coach
Marty Luft
anxiously waits for
the start of the
game.



Sophomore Michael
Khueler practices
his release before
the game.



The freshman team had a
great pitching staff
including Myers, Bolander,
Logan, and McAninch.



Watching the ball,
sophomore Ryan
Brower concentrates
on making contact.
Brower had a great
offensive season.

SOPHOMORE

SCORES		
EHS		OPP.
7	MASONCITY	0
5	SE POLK	1
8/7	ROOSEVELT	1/4
13/13	MARSHALLTOWN	5/1
4/7	OTTUMWA	5/2
11/7	NORTH	4/0
2/6	LINCOLN	11/2
8/9	HOOVER	3/8
4/14	ROOSEVELT	6/4
4/3	HOOVER	1/3
1/2	VALLEY	11/7
3/1	OTTUMWA	5/2
1/6	URBANDALE	7/7
4/9	NORTH	3/1
5/5	LINCOLN	2/7
4/7	DOWLING	8/4



FRESHMAN

SCORES

EHS		OPP.
7	ROOSEVELT	3
8	HOOVER	2
8/20	MARSHALLTOWN	0/0
4/8	NORTH	1/4
0/6	LINCOLN	1/1
1/1	VALLEY	3/4
10	ROOSEVELT	0
4/6	HOOVER	1/0
7/0	SE POLK	3/0
6/11	OTTUMWA	4/11
10/15	MASON CITY	0/1
4/10	URBANDALE	5/3
5/12	MARSHALLTOWN	1/0
12	NORTH	0
0/5	LINCOLN	5/3
3/6	DOWLING	4/0

JV

SCORES

EHS		OPP.
8	BOONE	0
3	NEWTON	2
3	URBANDALE	6
2	DOWLING	3
9	ROOSEVELT	0
11	ANKENY	2
3	VALLEY	2
6	WINTERSET	1
2	DOWLING	2
4/4	OTTUMWA	7/3
11	NORTH	0
1/2	CR JEFFERSON	1/0
1	CLEAR CREAK	0
2	LINCOLN	4
1	VALLEY	0
10	ROOSEVELT	0
8	WD GRANGER	0
4	JOHNSTON	1
7	FM AQUINAS	1
2	URBANDALE	3
18	HOOVER	1
1	SE POLK	4
7/1	OTTUMWA	0/2
11	MASON CITY	1
10	MARSHALLTOWN	0
3	URBANDALE	2
16	NORTH	0
2	MARION	0
2	EDDYVILLE	0
3	OSKALOOSA	3
2	LINCOLN	5
7	HOOVER	3



Sophomore Tricia Robbins slides into second base during a JV game. Robbins said that her favorite part of away games were the bus rides there because the girls got to bond.



Freshman Mattison Sellers and sophomores Addison Speck and Kelcey Young take a breather in the dugout. The girls enjoyed scrimmaging the freshman baseball team.

Crouching down, sophomore Amanda Enochs and junior Jenna Doty anticipate a hit. They helped their JV team collect 24 wins.



Ready for action, sophomore Chaney Crabb awaits a throw. Crabb played third base for the freshman team.



9/JV Softball

Practice makes perfect

Story/Layout by Jennifer Harmon

It's an early June morning, the sun is rising and birds are chirping. For most high school students, this is perfect sleeping in weather, but for the softball team it's a great opportunity to practice their craft.

Both freshman and JV players practiced for 1-2 hours on a daily basis starting the second week of May. The younger girls practiced around 8 a.m., while the older girls practiced later in the day. These practices contributed greatly to the teams' abilities and got them ready for higher levels of playing.

"JV practice mirrors a varsity practice quite a bit. Since JV is a transitional time, our kids learn a lot about what they need to play varsity here," said JV coach Thanna Heller.

Fundamental elements, like running, were daily exercises that helped make the girls faster and stronger.

Hannah Grimm said, "We did a fair amount of running. When we got in trouble we had to run more, though." Grimm played left and right field, and catcher on the freshman team.

The girls also touched base with batting skills. Hitting stations were set up in order to reinforce the girls' ability to make contact with the ball.

At one station, they tried to swing a bat through a slit in a tire, which gave them strength in both their arms and in their eye-hand coordination, said sophomore shortstop Ticia

"Softball has to be my favorite sport. Every year I look forward to the summer because I can't wait to play."

Sophomore
Jennifer Radley

Robbins, who played on both teams.

The girls were encouraged to take risks in performance and practiced diving for balls. When the ball was thrown to them, they "slid head first into the grass to catch it," said freshman Kelsi McCuen who also played on both teams.

Freshman coach Amy Wilterdink said, "Diving after a ball means reaching past mediocre. It is scary to lay yourself out

there, not knowing whether or not you're going to get the ball."

The practices not only forced the girls to grow physically but also to grow in their relationships. Being together both on and off the field, some girls made new friends, some girls strengthened old friendships, and some girls bumped heads.

"We didn't have any big conflicts," said sophomore Addison Speck. "There were a few small ones, but for the most part we got along." She played first base and occasionally pitched for the freshman team.

The season brought many hardships and many joys. Wilterdink said they still have room to grow, but it seems their practices paid off. The freshman had 20 wins, 6 losses. The JV team had 24 wins, 8 losses, and 3 ties.

Robbins said, "It was a great season; I made a couple new friends, got stronger, and plus, we beat North's butt...on their own field!"



Ready, aim, fire. Jodi Housley slaps a ball to a fellow player. This will be her last year playing, she is graduating this spring.

Sophomore Jennifer McDaniel attempts to get her Roosevelt opponent out during a freshman game. McDaniel was one of her team's top 5 hitters.



Winding up, freshman Kelsi McCuen pitches during a freshman game. McCuen played on both teams.



SCORES

EHS

OPP.

10/12/12	MASON CITY	25/25/25
22/11/17	HLV	20/21/15
8/17	MASON CITY	21/21
17/6	IA CITY REGINA	21/21
12/10	BOONE	21/21
21/6/15	NEWTON	25/25/25
5/7	AMES	21/21
13/8	KNOXVILLE	21/21
9/8	CARROLL KUEMPER	21/21
6/24/12	COUNCIL BLUFFS	21/22/15
13/15/18	VALLEY	25/25/25
21/15/12	DOWLING	14/21/15
15/16	PELLA CHRISTIAN	21/21
14/9	EAGLE GROVE	21/21
10/14	LINCOLN	21/21
17/9	SE POLK	21/21
25/25/23/25	NORTH	10/15/25/16
14/13	OELWEIN	21/21
8/5	APLINGTON/PARK.	21/21
9/17	CEDAR FALLS	21/21
18/7	OELWEIN	21/21
15/18/18	LINCOLN	25/25/25
11/20/18	ROOSEVELT	25/25/25
8/6	DUBUQUE	21/21
3/6	WATERLOO COL.	21/21
8/9	CR AQUINAS	21/21
21/8/7	WATERLOO WEST	16/21/15
25/25/25	HOOVER	21/14/17
6/6	JOHNSTON	21/21
11/14	WEBSTER CITY	21/21
4/8	VALLEY	21/21
21/21/15	EAGLE GROVE	23/16/5
9/14	JEFF./SCRANTON	21/21
6/20/25/12	OTTUMWA	25/25/21/25
13/25/22/14	SE POLK	25/21/25/25

The ball flies over the net as senior Jessica Krohn serves to the opposing team. A season highlight was beating North in three out of four games.



Friends get rest during a tournament. Players said friendships on the team are important.



Bump it, set it, spike it...Scarlet Style

Story/Layout by Meredith Breton

The ball soars over the net, leaving its mark on the forearms of the girl who stepped up to its challenge.

These marks on the arms of the Scarlets signify more than their hard work, they show their dedication as a team.

The varsity volleyball team worked extremely hard this year to accomplish many things.

Head Coach Terrie Fenstermann said, "This year's team has been great. This is the first team I could do anything with and they would perform it well."

The team had games on Tuesdays and Thursdays, and tournaments were always held on Saturdays. In order to prepare for these games the girls practiced hard every night after school.

Senior Arielle Petrie said, "We did some stretching, we went through drills, we did a lot of hitting and serving, and we talked about what we needed to work on."

The team was jam-packed with talented players this year. The

"It was my first year on varsity. Some times it would get stressful, but all in all it made me a better volleyball player and a better teammate."

Senior
Carissa Krohn

players also worked well together on and off the court.

"The team came together," said Fenstermann. "I was pleased to have talent show up that I didn't know we had."

The team had talent in every position; there was not one spot not filled.

Senior Myra Weatherall said, "Everyone

is gifted in one area."

"I could put anyone in, in any position," said Fenstermann. "I think it is the first year I could do that."

The season came to an end, but the friendships will last forever.

Petrie said, "I enjoyed the focus we had on each other, like the friendships and the companionships."

"I miss seeing these girls every night. The season was enjoyable and I had a great group of girls," said Fenstermann.



Varsity Volleyball





Seniors, at left, led the team with experience. Below, senior Megan Bartelson spikes the ball quickly before the opposing player can get there.



Award Worthy

1ST TEAM ALL CONFERENCE

CARRIE HATFIELD

2ND TEAM ALL CONFERENCE

SILVIA AGUAYO

HONORABLE MENTION

MEGAN BARTELSON

ARIELLE PETRIE

MYRA WEATHERALL

JENNIFER RADLEY

The girls huddle before a game to discuss their strategy. They always started a game with their "pump it up" cheer.

Varsity Volleyball



Volleyball Vocab

A pass that leads to a spike

SET

An action to stop a spike

BLOCK

A pass that leads to a set

BUMP

A light hit to trick opponents

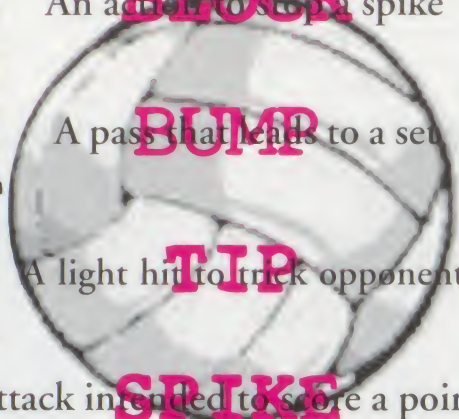
TIP

An attack intended to score a point

SPIKE

A defensive return against a spike

DIG



The JV team meets to talk about a game plan. They always wanted to make sure that they were all on the same page before any game started.



Serving it up and over

Story/Layout by Karen Sawhill

Summer is a time to sleep in, go tanning, and hang out with friends. The volleyball players were able to do it all; well, except, the sleeping in part.

Every other day, the volleyball and football players would take turns lifting weights in the weight room. Lifting would start around seven in the morning and end around nine thirty. Along with lifting, the athletes were expected to run, and do "dot drills." Many of the girls felt that the lifting helped them a lot, not only in volleyball but also in other sports and everyday activities.

"I play softball in the summer, too, so it helped me a lot," said junior Kasadee Sellers.

Waking up and having one and a half hour practices proved how much dedication and determination the younger girls had, and also gave the team time to bond with one another.

"It was really important to give the younger girls the opportunity to see how much dedication it takes to compete at a high school level," said Coach Terrie Fenstermann.

Beginning in June, clinics became available to the team and the coaches encouraged the girls to learn some skills that weren't available in everyday practices. Coaches from Upper Iowa came to EHS, and at the end of June the team went to a team camp at Grand

"This is my third year playing volleyball at East, and each year we always get better. I have really enjoyed this experience."

Junior Ashley Logan

View College that lasted several weeks. There were about 10 other teams that participated at the camp.

"Camps are great, it's a good opportunity to have someone else come in and show the girls college point of views, compared to ours," said Fenstermann.

This summer sand court workouts were added to the practices. Many of the players enjoyed those practices because they got a tan, it was fun, and it made them quicker on their feet.

"Practicing on the sand courts made us better because it was hard to run on," said freshman Ashley Steben.

While playing high school sports, athletes get to experience a change in competitions.

"I played last year, too, and I could tell a difference between levels. This year nobody was guaranteed playing time, we had to earn it," said sophomore Brittney Robbins.

This season ended up better than last and the next year should end up even better.

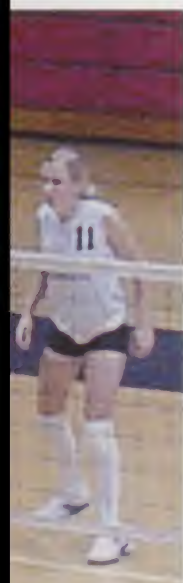
"Overall it was a successful season, hopefully the next few seasons will be just as successful," said Coach Mary Decker.



9/JV Volleyball



The JV team works hard on defense. They often focused on blocking at practices.



Freshmen Ashley Steben and J.J. Johnson make time to talk while waiting for the other team. Steben and Johnson have played volleyball together since they were in middle school.

At left, Addison Speck, Stephanie Brown, and Brittany Robbins defend the ball. This was their second year playing volleyball.

JV SCORES

EHS

16/18
15/17
25/20/15
25/19/15
16/22
26/25
16/19
12/14
21/21
21/21
17/16
14/11
21/19
21/21
4/8
21/18/15
16/15
18/17
21/21
10/9
21/21
17/18
19/21/15
19/18
15/6
18/14
17/16
15/18

NEWTON
VALLEY
NORTH
LINCOLN
ROOSEVELT
OTTUMWA
NORWALK
ANKENY
LINCOLN
NORTH
VALLEY
NEWTON
WINTERSET
INDIANOLA
VALLEY
DOWLING
MASON CITY
INDIANOLA
SEP
MARSHALLTOWN
URBANDALE
KNOXVILLE
VALLEY
JOHNSTON
ROLAND STORY
BOONE
NEWTON

OPP.

25/25
25/25
17/25/8
21/25/8
25/25
24/23
21/21
21/21
17/18
14/15
21/21
21/21
15/21
15/14
21/21
19/21/11
21/21
21/21
17/16
21/21
15/14
21/21
21/18/11
21/21
21/21
21/21
21/21
21/21
21/21



Above, two JV players prepare for practice. Practice often took place during the morning in the big gym.

Sophomore Abby Speck prepares to serve the ball. She was one of the best servers on the team.



9/JV Volleyball





Stretching out the Roosevelt offense, the linbacking core chases down the ball.



SCORES		
EHS		OPP.
20	FT. DODGE	14
22	SC HEELAN	45
30	ANKENY	28
24	URBANDALE	14
21	ROOSEVELT	20
42	HOOVER	21
14	OTTUMWA	34
62	NORTH	7
38	LINCOLN	14

PLAYOFFS

14 WDM VALLEY 49

METRO: 4-0
CONF.: 4-1
OVERALL: 7-3



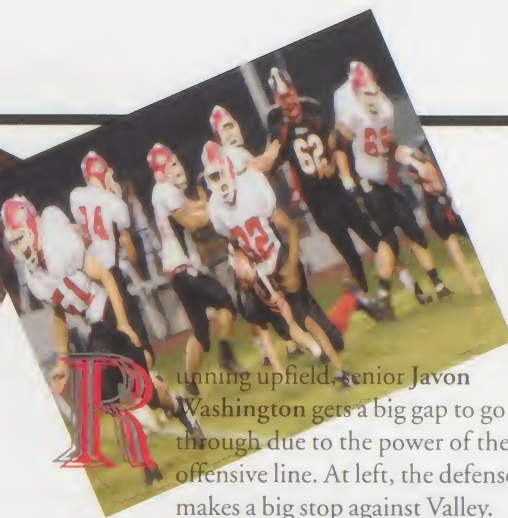
Throwing the ball senior Jamie Fitzgerald looks down field and throws for a first down to one of his receivers.



Varsity Football



Handing off the ball, senior Jamie Fitzgerald gives the ball to senior Javon Washington on a flysweep play.



Running upfield, senior Javon Washington gets a big gap to go through due to the power of the offensive line. At left, the defense makes a big stop against Valley.

Climbing the mountain

Story/Layout by Matt Grochala



Friday nights on the east side are spent at Williams Stadium. Fans and supporters pack the west side of the stadium to cheer on their team to their third straight playoff appearance, the fourth time in school history, and the fourth winning season under head coach Darrin Fisher in his last five years at East High.

"Being a part of this team the last few years has been a once in a lifetime experience. Coach Fisher has turned us into a winning team," said junior tightend Nick Eaton.

The 2004 season will be a season to remember. Not only are they going to the playoffs, but on September 3, the Scarlets rolled into Fort Dodge for their first game of the year, and were able to come out with the win over the Dodgers 20-14 for their 500th victory in school history. This was a milestone which few teams have ever accomplished and the first in the five metro schools.

"The win wasn't just big for our team but also the whole eastside community. Everyone from alumni to school faculty were proud. We may have won the 500th game, but it was the culmination of all the people who were a part of the other 499 that really matters," said Coach Fisher.

More highlights of the season occurred when the Scarlets played 6th ranked Ankeny,

"When we started the season we knew we were going to be good. We expected good things, but it was all due to our hard work in the off season."

Senior Quarterback Jamie Fitzgerald

who beat the Scarlets last year in the playoffs 52-33. The Scarlets took some revenge out on the Hawks with a 30-28 victory. The Scarlets also hosted a home game against 4th ranked Urbandale, in which the Scarlets upset the J-Hawks 24-14 giving the Scarlets a 3-1 record in the non conference.

"The Ankeny game was a great win for the team," said senior offensive linemen Robbie Snyder. "Everyone thought that Ankeny would roll over us and we had to prove them wrong."

"It was really great to go watch our team on Friday nights. They always gave it everything they had even if they were down," said senior fan Anna Miller.

After finishing the regular season 7-2 and clinching a spot in the playoffs with a victory over the Lincoln Railsplitters, the Scarlets headed over to West Des Moines on November 3, to take on the undefeated Valley Tigers. After a tough battle between the teams, the Scarlets came up short and were beaten, 49-14.

"It was a very tough and emotional game," said senior linebacker Robbie Hill. "We came in to the game knowing that they were one of the top teams in the state, but that didn't matter, the whole team gave it their all."



Tackling senior Todd Claiborne takes down Valley's receiver. At right, senior Robert Thompson breaks to the open field for a big run.

500 and still strong

• Millicent Cuplin 1894 5-1-0	• H.E. Mike Augustine 1926-45 102-41-17
• Coach Brown 1898-1899 7-4-1	• Wendell Webb 1946-1948 13-11-1
• Coach Wright 1900 3-2-2	• Herbert Hein 1949-1950 13-3-0
• C.L. Hulsizer 1901-1902 10-5-0	• Bob Savage 1951-1968 102-38-6
• Don Evans 1903-1905 15-6-2	• Jack Blazek 1969 3-6-0
• Coach Auracher 1906 3-4-0	• Bill Charles 1970-1979 45-43-0
• John Vanliew 1908-1915 46-15-5	• Jim Fox 1980 6-2-0
• Oscar Solem 1916 5-2-1	• John Bankus 1981-1984 17-14-0
• Joe Carberry 1917 4-2-1	• Bill Carlson 1985-1991 25-39-0
• Lester Moyer 1918-1921 23-6-2	• Ned Rasmussen 1992-1999 15-60-0
• Cress "Dad" Hoyt 1922-25 21-10-2	• Darrin Fisher 2000-Present 26-22-0

Varsity Football



"My favorite game was..."

"Probably against Hoover because we beat them, 71-0, and I also had a 60 yard punt return."

-Sophomore Stuart Hall



"Ottumwa was cool because no Metro team has ever beaten them before, and we did."

-Freshman Josh Curry

"The best was North because I had 4 touchdowns, 1 kick return, and 137 rushing yards on 4 carries!"

-Sophomore LaMar Birch



Rushing, Jose Sanchez and Bryan Loftus go to defend the ball. The sophomore team had a 6-5 overall record.

SCORES

Freshman Football

EHS	OPP.
16 FORT DODGE	28
14 LINCOLN	44
7 ANKENY	39
20 URBANDALE	13
36 ROOSEVELT	0
39 HOOVER	0
37 OTTUMWA	12
16 NORTH	6
7 LINCOLN	6

METRO: 1 - 3

CONF.: 5 - 0

OVERALL: 6 - 3

SCORES

Sophomore Football

EHS	OPP.
13 FORT DODGE	19
14 LINCOLN	22
7 ANKENY	35
69 URBANDALE	14
13 ROOSEVELT	19
71 HOOVER	0
28 OTTUMWA	35
57 NORTH	12
39 LINCOLN	0

METRO: 3 - 3

CONF.: 3 - 2

OVERALL: 6 - 5



Freshman Tim Bolander takes off on a fly sweep around the defensive line. The freshman team outscored their opponents 154-37 over a span of 6 games.





A freshman running back goes around a right end. The team ended their season with a 5-0 conference record.



Sophomores Jimmy Hill and Stefen Vigil put the stop on Urbandale offense. The Scarlets eventually beat Urbandale, 69-14.



Scarlet defenders Logan Miller and Michael Franklin break through the offensive line for the sophomore team. They team had some morale issues, but overcame them and had a good season.

Giving it their all

Story/Layout by Jamila Yakubu

For the freshman and sophomore football teams, playing the game is all about becoming players and being ready to play varsity.

"Our goal is to improve their games every week. We work on offense and defense to prepare them for varsity," said sophomore coach Ed Jennings.

Another thing the teams had to work on was motivation to practice. According to freshman Josh Curry, "People acted immature and didn't want to practice, but then got mad when they didn't get playing time."

"We had problems with team attitude and morale because people were worried only about themselves and not the entire team," said sophomore Ja'Mar Birch.

Practice was a difficult aspect of the year, but many of the students also set goals for themselves to work on throughout the season that would help them become better players.

"Something that I felt I needed to work on was being more disciplined at practices. I

"I'm really proud of the kids and my coaches. We broke the season down into different stages and accomplished our goals including helping them prepare to play at the varsity level."

Freshman Head Coach Carl Drautz

worked harder to make sure I stayed focused," said freshman D.J. Murray.

Despite the problems, the freshman team had a good year, closing out their season with a 6-3 record and the championship. They outscored their opponents 154-37 over the span of 6 games.

"I'm really proud of the kids and my coaches. We broke the season down into different stages and accomplished our goals including helping them prepare to play at the varsity level," said Coach Carl Drautz.

"It was an exciting and fun season, although challenging at times. We will come back next season and hopefully become conference champs again," said freshman Adam Eldund.

For the sophomore team, problems with turnovers, penalties, and personal fouls during games held them to a 4-5 overall record.

"Our season was OK, but if we had been able to overcome those problems (turnovers and penalties), we would have done so much better," said sophomore Stuart Hall.





Senior cross-country runners pose with their letter awards at the banquet. This was the second year that the boys and girls teams were combined.



Embracing, sophomore Amy Flaherty and sophomore Jenny Lyon, at upper left, celebrate at the end-of-the-season banquet. The banquet was held at Ryan's Steakhouse in Clive.

Slightly out of breath, above, freshman Justin Duckworth and sophomore Ian Beck stop to pose for the camera after their race. Both of the boys plan to run again next year.

SCORES

BOYS

SE POLK	7TH
URBANDALE	12TH
HOOVER	4TH
VALLEY	8TH
AMES	9TH
UNIV. OF IA	7TH
NEWTON	-----
WAUKEE	5TH
IOWA CITY	5TH
SCARLET INVIT.	5TH

CONF.: 5TH
DISTRICTS: 9TH

SCORES

GIRLS

SE POLK	9TH
URBANDALE	11TH
HOOVER	4TH
VALLEY	7TH
AMES	-----
UNIV. OF IA	6TH
NEWTON	-----
WAUKEE	4TH
IOWA CITY	6TH
SCARLET INVIT.	4TH

CONF.: 5TH
DISTRICTS: 9TH



Cross-Country



Scarlet boys run the first lap of their race. The boys are required to run a 5k race.

In the zone, senior Thuy Huynh runs at the Scarlet Classic, East's home meet. The girls ran a 4k race which is equivalent to 2.5 miles.



Coach Mel Green Jr. accepts an award made for him by his runners for outstanding cross-country coach. The team made the award in appreciation of all of Green's hard work.

On your mark, get set, go

Story and Layout by Katie Lown

The cross-country team has a lot to look forward to after a season of improvement this year. The team placed higher in a large amount of their meets and had several top individual finishers.

Much of the improvement came from the newer, less experienced runners.

"Our underclassmen have a lot of raw talent," said the boys captain and senior Nolan Walker, "if they continue to run and put in the miles in the off season, we're going to have a great team in the next couple of years."

Coach Mel Green Jr. agrees with Walker.

"Our leadership definitely came from our seniors, but our younger runners were consistently some of our top runners."

The underclassmen definitely left their mark on this year's season. Among them were sophomore Lisa Collogan, who had two first place finishes this year and ran at the state meet.

Coach Green expects great things from Collogan in the future.

"I can only see her getting better and better," he said.

Brad Davidson, an eighth grader from Hoyt who will run

"This was the first year I ran cross-country and I thought it was a really great experience. I met new people and had a lot of fun on the team."

Junior JaRae Shelton

officially for the Scarlets next year in the high school division, also qualified for the middle school state meet.

"We love that more of the younger students got involved this year," said girls captain and senior Thuy Huynh. "They are the future of our team, and cross-country takes a lot of practicing and conditioning to become good at running the race."

To improve, the Scarlet runners not only ran long distances, but also took their practices to Capital Hill to gain endurance on difficult courses, and to the track, where they worked on finishing speed and quick starts.

All of the members of the team agree on one thing...the more runners, the better.

"Cross-country can be a hard sport to recruit new runners for, so we are always in need of more team members," said Walker.

"I would encourage anyone that is interested to go out for the team," said sophomore Ian Beck. "We work hard but we have a lot of fun, too."

Cross-Country



Seasons full of tradition

Story/Layout Matt Grochala

When Coach Darrin Fisher arrived at East High in 2000, he had to endure a team that had ten consecutive losing seasons and only made it to the playoffs once in school history. Academic concerns and morale problems were also a major issue for the team.

"There were two areas that needed to be fixed when I got here. The first thing I did was hire a new coaching staff. Our program needed coaches that cared about the kids, the community, and knew the game of football. The second thing I needed to do was gain the kids' trust. We earned their trust by showing that we cared for them," said Fisher.

After five years of being the Scarlets' Head Coach he has posted a 26-22 record and he also led the team to three consecutive state playoffs. Fisher not only brought success on the field, but in the classroom as well, when he started a mandatory after school study table before practice. He taught his players character, respect, and how to be a family, but he mostly emphasized on being "Blue Collar" men.

"The study tables encouraged the players to get their school work done and the help they needed. When someone succeeds in class they gain more self esteem. After the study table started, grades changed," said teacher Robbie Malm.

Before every game in the locker room, Fisher would gather his team and give a motivational speech about a coin he got from a past alum and football player at East. On that specific coin there was a saying, "Lee

Township against the World." That very saying will be stuck in the minds of his football players throughout their lives to remind them of where they grew up and that they have to work for everything they want.

"I remember the night that I received that coin; it was the night that we played Dowling in 2002. After the alum gave it to me he said that in time I will learn the pride of Lee Township. I never knew what he meant until I realized how supportive every one is. The longer you are around here the more you truly understand the meaning of that coin," said Fisher.

Coach Fisher will be remembered for several things, those being reviving traditions at East, qualifying for the state playoffs three consecutive seasons, teaching his players the value of education by creating an after school study table, creating the trade mark "e" that has become the symbol of the scarlets and the east side, and lastly by bringing a community together to support our football program.

"If we see ourselves as we appear, we will not improve. If we focus on what we wish to be, we will improve, be proud, not satisfied," is a quote that appeared on every football player's memo that Fisher would hand out each month. That statement will be the motto for the team in the years to come.

Thank you, Coach Fisher, for giving us the inspiration to strive for excellence not only on the field, but in the classroom as well. The lessons that you have taught us will help us throughout our lives. You have not only been a coach to many, but a motivational teacher to all.



Tribute to Coach Fisher



Over the seasons:

2000	1-8
2001	5-4
2002	6-4
2003	7-3
2004	7-3



Tribute to Coach Fisher



Real men wear speedos

Story/Layout by Jami Bowen

Some people may look at swimming as one of the weaker sports at East. It may not have the running and exciting impact of guys crashing head-on into one another, but in fact it takes a lot to be a swimmer. Swimming is a sport that uses every muscle in the body and strength is needed as well as mental power.

"I started swimming to keep me in shape for football but sometimes I wonder 'do I swim to keep in shape for football or do I play football to keep in shape for swimming.' Swimming is hard and it takes a lot to be good at it. You just try to get better every year," said junior Tad Hoover.

Swimmers took two hours after school for intense, fast pace practices. On some days, when the weather permitted, the boys would do some dry land exercise including running while they waited for their coach Erin Lowe to arrive.

"This year has been really good. More guys are coming to practices and really just giving it their all. We've had a couple of injuries and a fight, but everyone's really improving," said freshmen managers Ashley Mendenhall and Alexis Timm.

Last year the team took a turn for the better as they combined with Lincoln and Norwalk. The combination is still working for their advantage. There were a total of thirty swimmers, which was quite impressive to the twenty they had last year. Sixteen freshmen joined the team making the numbers jump immensely.

"The new-coming group, despite being unexperienced, was very talented and had a lot of ability," said Lowe.

Lowe and assistant coach Dustin Cassler had a lot to be proud about this year.

Junior Josh Eaton became the fourth fastest breaststroke swimmer in school history and at their Conference meet in Ottumwa; Eaton walked away with a second place championship in the breaststroke. Seniors Patrick Suggett and Kyle Gowin both placed at Conference championships with their times in the five hundred event.

"I swam to challenge myself. Our practices were really hard, probably the hardest thing I've ever done. But the coaches were really great and encouraging. I plan on swimming my junior and senior year so I can accomplish my goal of becoming one of the top swimmers."

Sophomore
Brett Toncar

Suggett and Gowin placed with impressive ranks of second and fourth.

"Me and Pat rocked in the 500 which is really cool since this is our last year," said Gowin.

Looking back at past years there is something different about this year's team but it has nothing to do with swimming ability; it had to do with how well the team got along. This year the team, after every meet, would go out to eat together, regardless of whether or not they won.

"Yeah it sucked losing meets but going out to eat afterwards and discussing what we did wrong helped a lot, but mostly the dinners were about having fun and they developed a bond between the team that will stay strong for awhile," said freshman Ethan Vanhelten.

The team didn't just go out to eat after meets either. Swimmers usually ate lunch together and could be seen together walking in the hallways. They even hung out on weekends.

"One of our favorite spots we liked to go to was Java Joes," said senior Antonio Rivera. "Yeah we talked about swimming a little but really it was just about hanging out with friends. I think we did so good because we all became more like brothers."

"We do things most other teams don't get to experience. Partying together, going out to dinner, holding each other down and shaving someone's head against their will, you know the fun stuff," said Vanhelten.

This year the team will be losing many proficient and enjoyable swimmers such as Brian Roby, Captain Patrick Suggett, Dana Piatt, Antonio Rivera, Captain Luke Bolander, and Kyle Gowin. Despite the team's loss it seems that next year's team will stay strong.

"I so plan on swimming next year because this year was such an awesome year," said freshman Travis Stewart.

SCORES

EHS	OPP.
36 VALLEY	134
69 MASON CITY	101
102 NEWTON	68
72 SE POLK	36
36 DOWLING	72
80 H/NORTH	90
82 OTTUMWA	88
73 ROOSEVELT	97
86 GRINNELL	84

HUSKY BEAR INVIT.
4TH

RAMS RELAYS
2ND

JOHNSON INVIT.
4TH

CONFERENCE
4TH

DISTRICTS
5TH



Senior Luke Bolander dives off the block as a teammate comes in to finish. East really dominated in relays this year.

The team takes a break from practice to stretch out a girl's swim cap. Senior Kyle Gowin manages to fit inside of it.



Boys Swimming



Senior Brian Roby helps freshman Timmy Bolander shave his head. Six swimmers went bald for districts.

Junior Chris Piatt comes up to take a breath during his butterfly stroke. Piatt swam in the I.M. event.



Junior Josh Eaton sticks chopsticks in his ears, nose, and mouth at a Chinese restaurant. The boys would always try to go out for fun and to eat after meets.



What to wear?



"Body suits are best to wear when you are swimming events like the 200 and 50 freestyles. If you are swimming the free, it's mostly likely best you wear a body suit."

-Senior Dana Piatt

"Legs are like a body suit but they are just like pants. I wear my legs for the backstroke. Basically legs are good for anything but breast stroke."

-Junior Chris Piatt



"Jammers are really popular because they are so comfortable and they work for any event."

-Freshman Derek Wollesen



"I like to wear my speedo when I go to bed, when I eat, basically every where, but mostly when I swim the breaststroke and I.M. events."

-Junior Josh Eaton



At right, girls gather around the almost empty pool and wonder how they're supposed to practice. The pool was drained during the season for sanitation purposes.

SCORES

EHS		OPP.
61	MASON CITY	109
72	SE POLK	98
55	NEWTON	127
86	GRINNELL	97
45	VALLEY	125
92	NORTH	78
120	PERRY	40
117	LINCOLN	51
55	ROOSEVELT	128
75	HOOVER	95
4 TH PL	RAM INVITE	-
76	OTTUMWA	94
4 TH PL	CONFERENCE	-
6 TH PL	DISTRICT	-



Coach Stan Thompson gives a little advice or strategy to some swimmers before their race. Thompson has coached girls swimming for 34 years. At right, junior Katelyn DeHaan, Anna McCourt, and Sarah Strock wait patiently for the next event.



Girls Swimming

Diving into action

wimmers take your mark...GO!!! This year the girls swim team did pretty good. Senior Allie Griffiths went to state again this year. Griffiths got first on the board for the 200 and 500 freestyle. There were four broken records this season and so many others were so close.

"I've went to state the last 2 years and I was very excited. I'm really going to miss swimming for East," said Griffiths.

The team didn't just go to practice and slack off, they worked hard to achieve their goals. The practices ran from 3:00pm to approximately 5:15pm every night. For some of the girls it was hard, but some have been doing it for a long time.

"I've been swimming for 5 years, but the practices were hard at the peak of the season," said sophomore Katie Smith.

Many swimmers got on the board this year with different events. Junior Anna McCourt was 4th on the board for the 100 fly and 100

"The girls did really good this year. I went to alot of their meets. It was fun."

Senior +
Loren Holmboe

backstroke. Junior Katelyn DeHaan was 4th on the board for 100 breaststroke. DeHaan missed state by 2.26 seconds.

"I came so close to going to state. I improved my time by 7 seconds this year, my goal is to go next year," said DeHaan.

With the help of six seniors, East beat Hoover and Lincoln for the first time in a very long time. Griffiths was the only state swimmer that East has had since 1995.

"I really enjoyed working with this group of girls, I'm going to miss them. They were a big asset to the team," said Coach Stan Thompson.

The team had a tradition of going out to eat after every home meet. Some of the girls had a little fun by T.P'ing their fellow swimmers.

"They used 30 rolls of toilet paper on my house, put underwear on my pumpkin, and saran wrapped my car both ways," said DeHaan.



Below, junior Anna McCourt stretches as she concentrates on winning her next event. McCourt swam the backstroke and within the top 2 in the



bove, swimmers takes their mark while getting ready to swim their race.

SENIORS SPECIALTIES

Allie Griffiths
-LONG DISTANCE

Alex Giddings
-SPRINTER

Jessie Reedholm
-BREASTSTROKE

Shannon Stewart
-MANAGER

Megan McCauley
-FREESTYLE

Lacey Gumbies
-FREESTYLE

Julia Phillips
-LONG DISTANCE

Girls Swimming



Junior Michael Hickman stands contemplating his next shot. This year's team had many new, less experienced members.



Raising the bar

Story/Layout by Adam Crane

This year's girls' golf team may not have had their greatest season but despite difficulties created by budget cuts, combining teams, and having a new coach, the East/Lincoln/North (ELN) girls' golf team improved greatly upon previous seasons.

Due to budget cuts, the golf teams from East, Lincoln, and North high schools were combined into the ELN team under their new coach Kevin Hogue. Combining the three teams brought former opponents together but they got along well.

"After golfing against them for three years at a lot of the same meets I had sort of gotten to know them," said senior Rahni Janssen.

The East girls' golf coach was formerly Lowell Long but his promotion to athletic director left his coaching position vacant. Some people might assume that a new coach would create difficulties but some of East's golf players think their new coach contributed to their improvement.

"Coach Hogue is a great golfer," said Janssen, "He really knows what he's doing."

Even though the team members got along well, combining three schools led to conflicting schedules because different schools have different activity schedules like tennis, softball, volleyball, and ROTC.

"I guess we had a bad year but we were fortunate enough not to have the embarrassment of hitting any cars at the driving range this year."

Senior Jeremy Miller

"It was really difficult getting everyone to the practices because so many other girls' sports are in the spring," said Hogue.

Another difficulty was location. Before the three teams combined they practiced on different golf courses around town but much to the East girls' relief, they got to keep using East's practice courses.

"Because our coach ended up being from East we were able to keep our practice spots, which are a lot closer to East," said senior Casey Dawson.

Having the three teams combined gave ELN a definite advantage because East didn't just beat Johnson once but twice, which was one of the biggest highlights of the season.

"I think having a team with so much experience helped, nearly all of our seniors were in their third year of golf," said Hogue.

Despite many changes, East and its new teammates may not have had the best season but they improved immensely over previous years.

"I felt that we had a really strong season compared to last year even though we didn't do the greatest," said alum Katie Ring.



Girls & Boys Golf



Several team members pose for the camera with various awards and certificates. Nearly all of East's team members received letters.



Junior Todd Appleby maintains his form after swinging. The team practiced by golfing three hours a day four days a week.



The team practices hard at the driving range. Lots of practices led the team to victory over previously undefeated opponents.

GIRLS' GOLF

SCORES

B-6

2 ND	AMES
2 ND	ANKENY
3 RD	CIMLCONF.
1 ST	JOHNSTON
3 RD	CIMLCONF.
5 TH	JOHNSTON/MT.
3 RD	CIMLCONF.

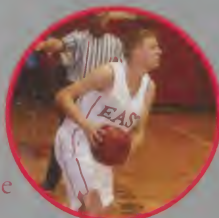


Players hold up the trophy that they were awarded after the Iowa City West state quarterfinal game. This was the first time in 19 years that East had made it to the state tournament.

SENIORS



Toby Zimmerman
3 Year Starter
13.5 points per game



Jamie Fitzgerald
4 Year Starter
7.1 points per game



Ashton Sauls
3 Year Starter
15.3 points per game



SCORES

EHS		OPP.
67	JOHNSTON	82
75	INDIANOLA	51
56	LINCOLN	60
57	VALLEY	52
57	ROOSEVELT	70
78	NEWTON	52
57	SE POLK	54
71	HOOVER	67
48	OTTUMWA	62
58	AMES	61
78	NORTH	52
80	LINCOLN	52
69	ROOSEVELT	81
56	HOOVER	70
81	ANKENY	71
40	OTTUMWA	47
62	WAUKEE	56
72	MASON CITY	51
84	NORTH	56
69	URBANDALE	54
77	DOWLING	80
<u>SUB-STATE</u>		
76	NEWTON	64
69	INDIANOLA	55

METRO: 4-6

OVERALL: 14-9

Coach Andy Howard cuts down the net after winning the Indianola game 69-55 that sent them on to the state tournament. This is the first time in Howard's 9 years of coaching at East that he has made state.



Varsity Boys Basketball

Shooting in the face of an Iowa City West player, senior **Toby Zimmerman** sinks a 3-pointer in the state tournament game at Vets. Zimmerman is the all time leading 3-point shooter in the history of East High.

Senior **Jamie Fitzgerald** sinks his second free throw during the Johnston game to tie it up at 54-54.



Overcoming the odds

Story/Layout by Greg Zubulake

For the first time in 19 years, the East High boys' basketball team made it to the state basketball tournament at Vets Auditorium.

"Our goal was to make state, our dream was to make state, and that dream came true," said senior Jamie Fitzgerald.

"This is one of the best teams that I have ever coached and I told the players all season that this team could make it to the state," said head coach Andy Howard.

The team made more history when they were awarded with the 2nd seed in their sub-state bracket for the first time ever.

"The best East has ever earned before this year was the 3rd seed, so we were pretty happy about what we accomplished," said Howard.

The team finished 12-9 and 4-6 in the Metro Conference.

"This is the second time since 1986, a team has finished over .500," said Howard.

"We had a lot of high expectations for our team this season and finishing above .500 was one of them," said Fitzgerald.

The team consisted of 3 seniors, 6 juniors, and 3 sophomores.

"Jamie, Toby, and I knew there weren't going to be a lot of seniors on the team. So, we had to step up and become leaders and that is what we did," said senior Ashton Sauls.

A big accomplishment for the team this season was beating their conference rival the Hoover Huskies 71-67.

"We pushed ourselves to be the best that we could be so when we were at the top of our game, we could go up against any team in the state of Iowa."

Junior Tyler Luft

"After last season, there was a lot of trash talking between us and them on and off the court, especially during the summer basketball camps when we played them," said junior Royce Phillips.

"This game was one of the most important games of the season and when we beat them on, it was a feeling like never before. Everybody was going crazy from players to coaches to fans in the stands," said senior Toby Zimmerman.

Another memorable moment for the team this season was when they played against S.E. Polk at home and junior Nick Eaton made a half-court shot to win the game.

"The score was tied and it was their ball with .6 seconds to go in the game. They tried throwing a full-court pass to one of their players, but I intercepted it, launched it from half-court, and it banked off the backboard and went into the basket. After it went in, players and fans charged the court. It was a moment I will never forget," said Eaton.

"A lot of things happened this season, but going to the state tournament and getting to experience first hand what that was like, is something that the players and coaches will never forget," said Sauls.

The team has a lot of high expectations for next season with a lot of their players coming back including two of the starters.

"There will be a lot of talent on this team next season especially with the players we have. One of our goals is to make state again, but this time win it," said junior DeMarco Turner.

Varsity Boys Basketball



The Scarlets get together one last time before the Newton game to pump each other up. The team had two hour practices and 30 minute scouting reports to get ready for games.

A growing success

Story/Layout by Deana Grooms

ur success depended on our maturity level. We built a solid foundation and we made a transition from a losing mentality. We had a thirst to really want to win," said Sam Powell, the new coach for the girls varsity basketball team.

Powell is a former Drake University graduate and came to East looking to instill a winning attitude on his team.

Powell is known as a great asset to the team and many players were glad he came.

"He's very vocal and that influences the team," said sophomore Jennifer Radley.

"I'm glad he came, he has really improved the team this year," said junior Carrie Hatfield.

Before coming to East, Powell coached an eighth-grade girls basketball team called the Des Moines Rockers for four years. He previously knew four East players from coaching the Rockers and he knew that would help him adjust to the new surroundings a little better.

"The foundation that was built with the Rockers made me proud," said Powell.

"Sam has been a great coach to me all the years I've played for him, I'm really glad he came to East," said freshman Gianni Beer.

Powell started the ladies off early this season with morning and afternoon practices, along with some tournaments on the weekends. Powell agreed with the team that they have all done a tremendous job of making adjustments.

"All the practicing before the season was a good idea. We got to know each other

"Sam is not only a good coach, but he's a good role model and mentor for the girls. He's gotten into their lives as well. It's not just about basketball to Sam, it's about relationships. When the girls began to trust him, you could really see things progress."

Barrin Fisher
Athletic Director

better and it gave us some bonding time," said junior Brittany Fisher. "With all this time we spent together, it really made us work well as a team."

Along with new coaches, there will always come new ways of doing things. As something new this season, before every game, the ladies and coaching staff stood in the middle of the court, had a pep talk, and then prayed.

"Praying was something I'd never done on the court before," said senior Brooke Fisher. "I think it helped out our team a lot."

Since the new coach, the Scarlets also had to deal with many new adjustments. This year was full of running and drills for many different types of plays.

"All the conditioning was hard to get used to," said Hatfield, "but I'm glad we did it, because in the end it made us that much better."

East achieved its highest win total since the 1998-99 season, when the Scarlets finished 12-10.

"I knew they all had a lot of talent, and if they'd just come in and work hard, I knew we had a chance to go very far this season," said Powell.

The Scarlets successfully ended their season this year with a 12-9 record.

"We've been waiting for a coach like Sam, he's a great guy," said senior Monica Hernandez. "We knew regardless of who came in, we wanted to change things, and we did."

EHS SCORES OPP.

52	MASON CITY	22
70	URBANDALE	73
60	JOHNSTON	63
29	DOWLING	66
55	INDIANOLA	29
41	LINCOLN	55
46	VALLEY	58
48	ROOSEVELT	36
52	NEWTON	49
66	HOOVER	44
57	NORTH	40
49	OTTUMWA	51
57	WAUKEE	55
48	AMES	44
59	NORTH	24
62	SE POLK	39
55	LINCOLN	57
53	ROOSEVELT	48
44	HOOVER	46
31	ANKENY	52
33	OTTUMWA	32

SUB-STATE

52	SE POLK	46
53	LINCOLN	32
34	ROOSEVELT	41

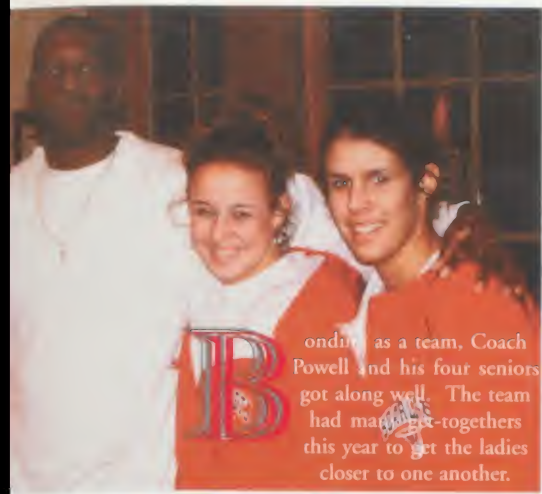


A spirited team takes a quick time-out while Coach Powell tells them what's on his mind. Powell successfully pushed East to its highest win total since 1998.

Tia Mayes towers over her opponent while attempting a shot. Mayes was one of the starting five this year.



Varsity Girls Basketball



Bonding as a team, Coach Powell and his four seniors got along well. The team had many get-togethers this year to get the ladies closer to one another.

S

hooting a lay-up, freshman Gianni Beer scores two. The Scarlets blew by the Polar Bears in their second match-up, 59-24.



I

n search of a free teammate, Nicole Kouri attempts to pass the ball. Kouri is one of the four seniors who said goodbye to the team this year.



H

olding hands as a team, the Scarlets stand alert for the National Anthem. Before every game, the ladies hold hands and show everyone their great team attitude.



Varsity Girls Basketball



The freshmen surround a Hoover player and try their hardest to keep him from scoring. Hoover ended up overcoming East with a score of 38-50.



Freshman Allen VanGundy prepares to pass the ball to one of his teammates. Players on the freshman team came from three area middle schools.



SOPHOMORES

SCORES

EHS	OPP.
65	JOHNSTON 69
47	INDIANOLA 34
52	LINCOLN 65
58	VALLEY 62
70	ROOSEVELT 68
59	NEWTON 47
55	HOOVER 52
50	OTTUMWA 41
71	AMES 64
71	NORTH 37
62	SE POLK 59
62	LINCOLN 56
52	ROOSEVELT 79
71	HOOVER 69
47	ANKENY 62
56	OTTUMWA 42
59	WAUKEE 54
69	MASON CITY 59
80	NORTH 53
78	URBANDALE 33
40	DOWLING 69



FRESHMEN

SCORES

EHS	OPP.
54	LINCOLN 50
42	INDIANOLA 51
41	JOHNSTON 78
46	ROOSEVELT 58
63	SE POLK 61
42	VALLEY 61
68	OTTUMWA 72
73	NORTH 38
53	HOOVER 47
58	LINCOLN 49
2	NORTH 0
57	ROOSEVELT 68
38	HOOVER 50
55	ANKENY 53
42	WAUKEE 57
56	MASON CITY 53
71	URBANDALE 63
55	DOWLING 60

Coaches Street and Jennings review plays with the freshmen during a timeout. The freshman team finished the season with a 9-9 record.



The sophomore players watch as their teammates push themselves to reach victory. The team received the title of conference champions.

Freshman Volin Williams takes a break after working hard on the court. The freshman team had a goal of winning thirteen games and came close to achieving their goal.



The freshmen boys continue the pursuit of victory during a tough game against a city rival.



Freshman Mike Boyd takes a jump shot while battling it out against Hoover. During the first game against Hoover, East defeated them with a close score of 53-47.



9/10 Boys Basketball

The sophomores come together as Coach Luft goes over game plays. They proudly finished the season with a record of 15-6.

Scarlets battle for court victory

Story/Layout by Abby Grover and Paige Stock

Right lights illuminate the gymnasium, shoes squeak as players pass the ball while rushing down the court, a buzzer sounds and the crowd cheers. Sweat drips down the faces of exhausted players. Excitement envelops every Eastsider in the audience. In basketball season, the 9th and 10th grade teams give it all they've got.

Coaches Chad Street and Ed Jennings led the freshman team. The boys had one tough obstacle that they faced since players came from three middle schools in the area. Learning to work together as a team was a major goal that was proudly accomplished.

"I think the hardest part for them was learning to play together. In middle school they may have had a certain job on their team. It's a big adjustment to learn, listen and also be coach-able. They had to find their roles on the team," said Coach Jennings.

Freshman Allen Van Gundy said, "If we weren't playing as a team, we weren't winning."

Brian Luft coached the sophomore team. The freshman players weren't alone in facing issues of team cooperation. Aaron Jordan said that the way they worked together affected the team because "basketball is not an I sport, it's a team sport."

Hopes for making conference overtook the attitudes of sophomore players and fans when they had their 9-game winning streak. Finishing up the season, the team achieved their goal and became conference champions.

"I think it's great that we made it. We put in hard work and it paid off. I don't think we have any regrets about the season. We set a school record for the points deficit against Urbandale. All in all, we had fun and it was a great year," said sophomore Aaron DeGoey.

"I think the way my team and everyone in the basketball program played was great because we all worked together as a team and were always willing to go out of the way to help another teammate or work our butts off to get better."

Sophomore
Shawn Williams

Fan involvement had a great impact on the playing ability of the freshman boys. For many of the players, the crowd was one of the things that kept them playing hard and giving it their all.

"When there was a lot of noise, it got into our heads. It told us that people came for a reason and we had to prove to them what we could do," said Cody Bosley.

Freshman player Glen Welch also said that the crowd had a major role on the way the team played.

"The excitement of the game helped the fans get crunk and it pumped us up. The louder they were, the harder we worked," said Welch.

Memorable moments come from the sophomore team when players put down their serious attitudes and enjoyed the season, no matter what

the scoreboard read.

"One of the things I remember most was during a game against North. Jake and Brandon tried dunking and got rejected by the rim," said Ryan Brouwer.

With memories like those, the coaches never got tired of their job. Freshman Coach Street reflects on his season of coaching. "I really like the competitive aspect of coaching. I enjoyed seeing the kids come in and seeing what level they were at and what they needed to do to make themselves better."

Sophomore Coach Luft sums up the season by saying, "Our team had good attitudes, good shooting, and lots of hustle. I'm very proud of them and how they have worked."

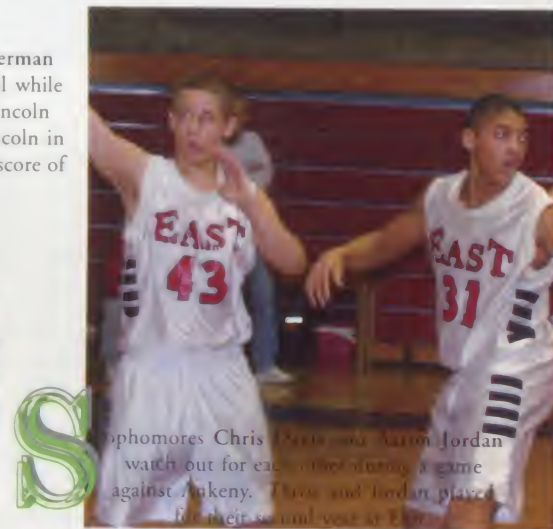
For now, the players have turned in their warm-up suits, put away their shoes and hung up their jerseys, all connected with many memories, and the sound of the cheering crowd has slowly faded away...until next year.



Sophomores DeRon Butts and Ryan Brouwer step away from the intensity of the court to show their softer sides. Coach Luft said the sophomore team played with good attitudes.



Sophomore Jake Zimmerman struggles to pass the ball while being guarded by a Lincoln player. East defeated Lincoln in the second game with a score of 62-56.



Sophomores Chris Butts and Aaron Jordan watch out for each other during a game against Mukeny. Butts and Jordan played for their second year at East.

A stroll down memory lane...

"We practiced with the varsity and Ashton would dunk on us all the time. It was funny, though, because he made us look dumb."

Brandon Brown
sophomore



"We beat SE Polk by 2 points and it showed that everyone knew their roles when the game got close. It was nice to know that I had a good time behind me."

Mike Boyd
freshman



The 9th and 10th grade boys reflected on what made the season memorable to them...

"One of the moments that was memorable to me was when we beat Urbandale. When we worked together it showed the talent that we possessed as a team."

Trent Smith
sophomore



9/10 Boys Basketball



Hoping to make her free throw, freshman Makani Scarlett shoots the ball with graceful style. Scarlett's position was shooting guard.



Freshman Marnetta Rankins brings the ball down the court during a game. Rankins was a successful team player who was a part of both the sophomore and freshman teams.



Takin' it to the hoop

Story/Layout by Stephanie Halferty

Ending the season 7-13 the sophomore team was ecstatic. Their goal was to beat their winning record from last season, which was 1-18.

"I think it's great that we were able to accomplish as many wins as we did," said sophomore Jennifer Davison.

Along with Davison, the whole team thought the same.

"It inspired us more to work and play harder everytime we won," said sophomore Jennifer McDaniel.

Playing along with sophomores were three freshmen and three varsity players, Stephanie Hernandez, Marnetta Rankins, Aurdin Lu, Jennifer Radley, Kayla Koeppen, and Tiara Mays.

"It was fun playing on the sophomore team. I got to play with other sophomores on varsity, but it was more fun to play with mostly all sophomores," said Radley.

The freshmen and varsity players encouraged the sophomores to think that they could win the majority of the games if they tried.

"The players that played for other teams plus play the sophomores helped out a lot. I'm glad I was able to have them play for me on my team this season," said sophomore coach Thana Heller.

The extra players helped them, but so did the practices. They practiced from 5-6:30 p.m. at Goodrell Middle School every day.

"Playing on the sophomore team gave me more confidence for playing with varsity."

Sophomore
Jennifer Radley

They started out by doing their basic drills: up-backs (dribbling from baseline to free throw line and back) with both left and right hands, partner lay-ups from both left and right side of the hoop, and five-star.

This is a drill to pass the ball from under the hoop to a corner of half-court, then to the other corner diagonally, and then to the other corner across the court to a player running

for a lay-up.

"My favorite drill was the up-backs because it helped me with my dribbling," said sophomore Ashley Yingst.

The team ended their practices with some sets of five. Every player had to run across the gym five times in a row with out stopping in thirty seconds or less.

"I didn't like doing those because we had to get them done in at least thirty seconds. The practices were long and hard but it all helped out in the end. I think it showed a lot," said McDaniel.

"We played hard but most importantly we had fun," said Heller.

One of the highlights of the season for the girls was when they got to straighten Heller's hair for the last practice.

"It was so funny to see Thana's hair straightened. We had fun that day. Stephanie Halferty brought treats and we ate and did Thana's hair," said Davison.



9/10 Girls Basketball

The freshman team sits on the bench waiting for their turn to play. The team's record for the season was 13-7.

Sophomore Cassie Stapes waits for a pass so she can score 2 more points. Stapes played the post position.



SOPHOMORES

SCORES

EHS		OPP.
28	MASON CITY	52
33	URBANDALE	58
38	JOHNSTON	48
43	DOWLING	72
52	INDIANOLA	42
33	LINCOLN	67
33	VALLEY	38
33	ROOSEVELT	45
35	NEWTON	52
45	SE POLK	42
42	HOOVER	22
48	NORTH	23
37	OTTUMWA	43
68	WAUKEE	51
21	AMES	62
41	NORTH	21
43	LINCOLN	48
42	ROOSEVELT	46
43	HOOVER	33
35	ANKENY	63
34	OTTUMWA	53



Shooting the ball, freshman Stephanie Hernandez hopes it'll go in. Hernandez played for both the sophomore and freshman teams.

FRESHMEN

SCORES

EHS		OPP.
56	MASON CITY	19
38	URBANDALE	44
43	JOHNSTON	46
24	DOWLING	57
61	INDIANOLA	25
36	LINCOLN	30
43	VALLEY	45
36	ROOSEVELT	63
39	SE POLK	38
39	NORTH	18
46	OTTUMWA	35
52	NORTH	21
67	HOOVER	10
45	LINCOLN	46
47	ROOSEVELT	60
40	HOOVER	26
WON	NEWTON	FORFEIT
WON	WAUKEE	FORFEIT
WON	AMES	FORFEIT

Freshman Laurel Murphy looks around to start a play. Murphy's role on the team included both point guard and shooting guard as her positions.



Pinning success to the mat

Story/Layout by Hoang Nguyen

love to spend time with my kids and girlfriend. My all-time-favorite player would be Michael Jordan. That's my role model." said Coach Larry Jackson. Most what most people wouldn't expect these words from a tough wrestling coach like Jackson, even though the wrestling team sees him in this light everyday.

"As a kid, I didn't want anybody to tell me that I was doing something wrong. I could prove that I was the man in wrestling because it's a one-man sport," said Jackson.

Throughout the year many wrestlers who have done tremendously well. Two of them are sophomore Nate Williams, who finished with a final record of 25-17 and junior Tyler Sowden. Sowden's final record is 20-9.

"The team is doing really well," said sophomore Taylor Miller. "That's because Jackson is a good coach and works on every player's negativity."

Every night from 3-6 p.m. in the wrestling room, the wrestlers practice moves that they learned from the coach. One member says he owes his wins to Jackson only.

"I think that we'll do good on our upcoming matches," said freshman Kyle Slinger.

Most of the wrestlers weight-lift to gain a better advantage over their opponents, either to gain muscle mass or to lose weight to enter a different weight-division. Fortunately, next-to-none of the players have suffered any serious injuries while weight-lifting or wrestling.

"We work so hard every day, but it's worth it. It's really fun to be on the team and represent East. I have a lot of friends on the team, too, so that's great. I'm kind of hummed that it's over, but I'll be ready next season."

Bryan Loftus
Sophomore

Many of the kids on the wrestling team have different views of Jackson. As a "fun-yet-strict teacher," according to senior Eugene Beakler or as a "crazy-joker-in-a-good-way guy," according to manager Jill Ayersman.

"Jackson, as well as the other coaches, is crazy and funny," said manager Rachel Olson. "They're not serious all the time, which I like."

Junior John Wells is one of many wrestlers who are working on techniques. The team's main goal is to "give it their all no matter what."

"We've been doing good so far as a tight team, I guess,"

Wells said. "I could work on my game a little more, though."

The wrestlers have been very consistent and fluent throughout the year. They still continue to practice hard and become one as a team by communicating with the coach.

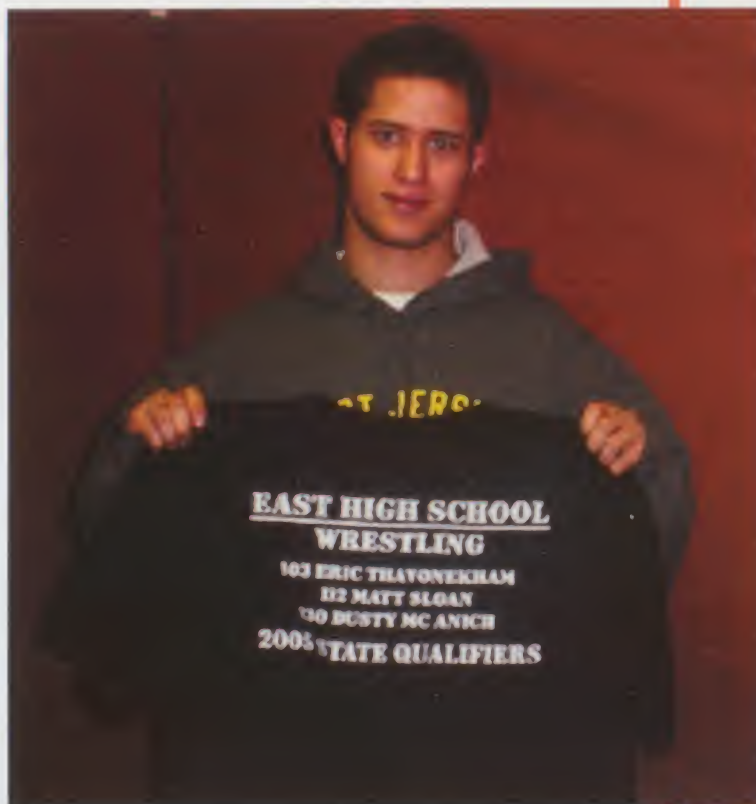
"Coach Jackson is always there on and off the mat for us wrestlers," said junior Bryant Reynolds.

They have had lots of highlights during the school year. For example, during senior night, the team beat North with a score of 35-33, which the wrestlers were really proud of because they were out-manned.

"I'll continue my career as a wrestling coach until my body goes out," said Jackson.

SCORES

EHS	OPP.
21	MASON CITY 44
18	NEWTON 59
15	VALLEY 45
34	ROOSEVELT 39
29	CHARITON 48
33	NORWALK 43
42	ADM 38
55	SE POLK (JV) 12
24	BALLARD 49
21	LINCOLN 39
20	OTTUMWA 54
33	NORTH 33
24	ROOSEVELT 46
71	JV ALLSTAR 12
40	BENTON 37
24	NORTH 52
34	DOWLING 40
AMES INVIT.	8TH
ROOSEVELT DUAL	4TH
SAYDEL	7TH
SE POLK	8TH
DC GRIMES	5TH
STATE TOURN.	46TH



Holding up the state wrestling shirt from Vets, above, Matt Sloan gives a grin because he, Eric Thavonekham and Dusty McAninch finished as finalists at the state meet. Sloan's final record was 22-9.

Practicing their moves, first-year Scarlets get ready for the state meet at Vets. At right, freshman Kyle Slinger grapples with an opponent and, far right, James Wells works for a hold.



Wrestling



Avoiding any possibility of getting pinned, at left, Karl Althaus wrestles a Roosevelt competitor. Althaus finished with a final record of 2-11.

Trying to hide his game face, below, Coach Jackson trains his athletes for an upcoming Roosevelt Dual. Jackson has been wrestling for more than 10 years.



The four team managers, above, smile proudly knowing they have done their part to support the Scarlets. Clockwise from top left are sophomores Trish Robbins, Rachel Olson, and freshmen Jena Bowen and Jill Ayersman.

Jackson looks on to make sure his wrestlers do alright. The coaching that Jackson does on the mat gives the players the stamina they need to achieve victory and win each point.

Wrestling





Sports scholars on



Ashlee Petersen



Tyrone Johnson



Nicole Kouri



University of Iowa



Drake University



Iowa State University



the road to success

Story/Layout by: Samantha Waters



Seniors take a step up from high school sports to college sports. Are they ready for the challenge?

"I'm not really scared to play softball in college. In a way I am, but that's just nerves, everyone gets them," said senior Nicole Kouri.

There are certain expectations when going on to the college level to play sports. Many think it's not that big of a deal and that there will be only a few changes. But while there's not much of a change, athletes still need to try their hardest.

"I expect our softball players to be best friends while at practices, games, or weightlifting, but off the field they can think what they want," said Grandview College head coach Lou Yacinich.

There are many seniors that are leaving to go to college this fall in a variety of sports. A couple students were undecided throughout their senior year but a few had

already signed with colleges. Kouri will be attending Minnesota State for softball, seniors **Tyrone Johnson** and **Robert Thompson** have signed with Iowa Central in football, also for softball senior **Ashlee Petersen** signed with Grandview College. What made them choose their college?

"It was kind of hard to choose where I wanted to go. I chose Iowa Central because I think they have one of the best junior college programs in Iowa," said Johnson.

"I chose to play at Grandview college because the coach seems like an awesome guy. Some of my former teammates go there and they like it," said Petersen.

Students worry about the first day of practice. Will they be accepted on the team? Will they make friends?

"Our team is like family, we are always there for each other no matter what the case. We accept all of our players and we all treat each other with respect," said Yacinich.



Loras College

Pella Central
Community College

College Sports



SCORES

MEET

EAST	2 ND
URBANDALE	2 ND
AMES	4 TH
ROOSEVELT	2 ND
IOWA CITY	3 RD
AMES	2 ND
JOHNSTON	1 ST
REGIONALS	3 RD
CONFERENCE	2 ND
STATE	7 TH



Making sure they are limber, the boys stretch their muscles during a practice.

Sprinting to the finish

Story and Layout by Jamila Yakubu

"The whole season was very good," said boys' track Coach Mel Green.

Green is right, last season was filled with accomplishments with the exception of one thing, the elimination of the 4x100 team at state qualifiers for making a pass out of the exchange zone, marring what was otherwise a spectacular season.

"I was very disappointed about that, but we didn't let it stop us. In fact, it made us want to not just win the 4x200, but break the record while winning it," said senior Robert Thompson.

That relay team, which consisted of junior Daivon Daniels, Thompson, and alums London Hayes and Paris Thomas, set a record of 1:27:09 at state.

The 1600m-medley relay team also had a good showing at state. The team of seniors Travis Scott, Jeremy Amerison, Jeremiah Yassin, and Dusty Reed placed 11th.

"I wanted us to win that race, but it didn't happen so next year, that's our goal," said Amerison.

The team was also conference runner-up behind Roosevelt, and they maintained their title at the Drake Relays in the 4x200.

"These guys are willing to commit their time and effort, and as long as they continue, they will become better than ever."

Coach Mel Green

"The guys really wanted to prove that East can be a top 10 team by working for it, and I believe they did that," said Green.

Individual accomplishments included senior Tyrone Johnson qualifying for the long jump and junior Matt Grochala qualifying for shot put at state.

"It was so great to go as a sophomore because it was not really my goal from the beginning of the year," said Grochala.

Thompson also was the State, Drake Relays, and Conference champion in the 100m dash.

"Those were really big accomplishments and I was very happy to place that high. It was a great feeling," said Thompson.

Marty Mohler placed 7th at the state finals in the 110 m high hurdles and Jeremiah Yassin placed 4th in the 1600m run and 7th in the 800m run.

"It was great that we had so many people qualify for individual events for the state championships than the previous year," said Johnson.

"These guys are willing to commit their time and effort, and as long as they continue, they will become better than ever," said Green.



Hoping for the win, alum London Hayes and senior Robert Thompson race towards the finish line.



Boys Track



Leaving his competition behind, senior Daivon Daniels sprints to the finish.



Diving over the bar, senior Tyrone Johnson clears it for the win.



SCORES

MEET	PLACE
RAMS IN MT.	4TH
URBANDALE IN MT.	3RD
ROOSEVELT IN MT.	2ND
WAUKEE IN MT.	5TH
LINCOLN	2ND
SAYDEL	1ST
NORTH IN MT.	2ND
CITY SERIES MEET	2ND
ANKENY RELAYS	5TH
LEE TOWN RELAYS	3RD
CONFERENCE MEET	3RD
DISTRICT MEET	5TH



Above, a few girls get their blocks set before the City Series Meet where East placed 2nd.

Coming back from behind, junior Shannon Wagner speeds up to catch opponents at the North Invitational.



Below, the track team takes time out from running to hang out and cheer each other on from the stands.



2004 State Qualifiers

Shelby Speck- Shot Put
 Meaghan Bruner- 100 meter dash and Sprint Medley
 Elyse Logan- Sprint Medley
 Nicole Kouri- 200 meter dash, 400 meter dash, and Sprint Medley
 Felica Wagner- Sprint Medley



Girls Track



Taking long strides to pass her opponent, Senior Nicole Kouri races to the finish line. Kouri was a state qualifier in the 400 meter dash.

Racing to the finish line

Story/layout by: Karen Sawhill

amina, endurance, and dominance are just a few words that can describe the girls' track team. In six years this intimidating track team has won five city championships. This year they also got third place in the conference, along with winning first place at other meets such as Saydel and North.

"Our team is full of committed players, we work as a team and that's why we're successful," said senior Shelby Speck.

All of those championships weren't just handed to them; they were earned through hard work and dedication. Every day after school the team would meet down at the track and have practices ranging from an hour to an hour and a half. At practices they would stretch, warm up, and run. They focused on their form and on getting better times.

"Practice gives me the chance to beat my best times, it helps me get better and reach my goals," said senior Nicole Kouri, who was a state qualifier in the 200-meter dash and the 400-meter run.

Many of the kids in the school think that track is one of the toughest sports out

"The team has great unity. We always support each other. It's such a good feeling to know that your friends are in the stands cheering for you when you're running."

Junior Samantha Waters

there. So the students think that when a runner succeeds at track, they really are a great athlete. According to Coach George Davis, this track team is full of raw talent.

"There are some girls that have ran their whole lives and some that just start in high school, but they are all great athletes in my eyes," Davis added.

"Track is hard and you need a lot of dedication and focus to be able to compete under the pressure of it all," said senior Carrisa Hibben. She says whenever she is nervous before a race, she gets quiet and just sits in the field, stretches, and focuses on the race.

Coach Davis and his coaching staff have been very pleased with the teamwork that led to the team's success. He also thinks that this year's team has been one of the hardest working teams he has had.

"This season was overall a great one, we have a lot of girls coming back next year," Davis said. "The tradition will continue."



Above, the girls on the team take some advice from Coach George Davis. Davis has been coaching as far back as anyone can remember.



The shuttle hurdle relay team gets ready for their race. This year's team was a huge success.

Girls Track



A player gets down and ready to hit an oncoming ball at right. Alum Randy Chounlamountry serves a winning point against his opponent, far right.



Serving up a new season

Story and Layout by Brittani Coleman & Beth Mayes

o time limit, no distraction, just the sound of feet hitting the pavement and the occasional hit of the ball hitting the racket or ground...by the sounds of this it must be EHS players tennis. Last spring the players and their coaches went through some good and some bad times, but all in all, they were all there for each other.

"Having the support of my parents, all of the players, and my coaches really helped me with my game," said sophomore Taylor Miller.

Some of the players would support their teammates and enjoy their time before, between, and after matches. Some players brought snacks, CDs, homework, and many other items to occupy time with one another.

"We all became good friends as the season went on. Hanging out while we weren't playing was a lot of fun. It really came in handy when we were nervous before one of our matches," said sophomore Chelsey Randolph.

This tennis season was a good experience for all of the players. A few of the newcomers that just started even made it to varsity. And it was also a good experience for the new members that were on junior varsity.

According to newcomer junior Dana Troyer, the best part for her and her partner, sophomore Elizabeth Bailey, was when they won one of their matches.

"It was a great year, I won some and lost some," said sophomore Dustin McAninch. "That was my first and probably my last year to play."

The boy's team has been growing over the last three years, going from five to nine to 11 players. Most of the players had been on the team the year before with the exception of the three new freshmen.

"At one of our away games we were playing Johnston and my partner and I got along with our opponents very well. It didn't matter to us that we lost, it just mattered that we had fun playing."

Sophomore Alicia Dale

"Having three frosh on the team was a strength and a weakness at the same time," said Coach Carl Drautz. "They didn't know how to play right away but they still have three more years to improve themselves and help the team."

But winning wasn't everything for everyone. It was mostly about having fun. Some of the players thought that it was easier to have fun while playing with partners and even with the opponent, instead of having pressure on them.

"Enjoying my games with my opponents really helped me out. It helped me ease off all of the pressure about winning," said junior Ana Diaz.

The coaches would have practice for both boys and girls after school for two hours, sometimes two and half-hours, depending on the weather. The boys and girls would stretch their muscles, practice their drills, do ten sprints, more if not done the right way, and in the end they would stretch some more and the coaches would tell them the announcements while they were stretching.

And as Drautz constantly said, "We stretch to get faster, not to get looser."

"I think the whole team needed improvement," said sophomore Brett Toncar, "but I think that my doubles partner, McAninch, and I did well; we won most of our matches."

After practice it was either go to work or hit the books. Players had to keep their grades up to stay on the team, not always an easy thing to do.

"It was difficult to do tennis this year," said Troyer. "I had homework, practice, games, and I also had drivers' ed. It was pretty hard, but at least I got to play this year."

Like all teams there are wins and losses and this year's teams had a share of both.

Occasionally, there's a pay-off.

"Overall they had a great season. They beat North, our biggest rival," said Drautz.

Taking a break from their matches are the varsity girls at North, right. Alum Gina Hughes takes a swing at the ball, far right.



Girls & Boys Tennis



Against Roosevelt, junior Michael Hickman gets in the ready position to hit the ball.



Sophomore Thomas Page and doubles partner sophomore Brett Toncar give each other a "racket five," above. Practicing her serve is sophomore Jennifer Harmon. This was Harmon's first year playing tennis.



Getting ready to serve up a match, sophomore Brett Toncar nails one. This was Toncar's first year playing tennis.

SCORES		
EHS		OPP.
2	SAYDEL	9
1	ANKENY	10
0	JOHNSTON	11
1	LINCOLN	10
0	INDIANOLA	11
1	ROOSEVELT	10
2	HOOVER	9
0	OTTUMWA	11
8	NORTH	3
1	SAYDEL	10
2	NEWTON	9
0	DOWLING	11

SCORES		
EHS		OPP.
2	SOUTH TAMA	9
0	JOHNSTON	11
1	LINCOLN	10
1	INDIANOLA	10
0	ROOSEVELT	11
1	HOOVER	10
2	OTTUMWA	9
7	NORTH	4
	SAYDEL INVIT.	3RD



Just kickin' it

Story/Layout by Chris Piatt

Head Coach Derek Lounsberry watched in anxiety as the final seconds of the boys' varsity soccer game against North ended last season. East finished that first game of the season with a victory, 6-1.

It started as a very promising season, but it didn't end nearly as well. The varsity season's record was 2-11, and the conference record was 0-4, but the team had quite a year.

Many breakthrough players exploded, such as senior Gustavo Caballos, who led the team with goals and tied for assists and made the second team all conference. Also, seniors Saul Caballos, Tony Mosqueda, and Ben Heaberlin all received honorable mention all conference, and senior Todd Claiborne tied for most assisted goals and also received honorable mention all conference. These seniors returned for the 04-05 season as five of the eighteen seniors.

The junior varsity team also did better than expected. Besides finishing the season with a 1-10 record, and a 0-4 conference record, the team did much better than hoped for.

"We had a great year, we only won one game against SE Polk, but we had lots of fun, and we did a lot better than any of us expected," said junior Zeb Townsend.

Alums Nick Anspach, Jesse Antelman, and Adam Scarlett departed from the team, unfortunately with a losing record. Though the team lost ten players to graduation,

"The season was the best ever, we had tons of fun, won some games, and got some attention from the girls!"

Junior Brian Williams

including five starters, eighteen new seniors will replace them for the 04-05 season.

"I played soccer every year through high school," said Anspach. "We may not have ever been the best team, but I had fun playing for East."

Lounsberry, a former player for Moline College, has been the head coach for six years, and before that, the assistant for one year. Two new coaches started last season including Cristina Phillips, who coached the freshman team, and

Christian Ezel, who took over as the assistant coach to Lounsberry.

"We needed some more good efforts and we faced many great teams. But we didn't get as many minutes as we had really wanted for our serious role players," said Lounsberry.

East faced a major challenge last year by having to play against a few of the best teams around, such as Roosevelt, Lincoln, and Dowling High.

"I have been the manager for the team for three years," said senior Celeste Lacona. "Even though we only beat North and Mason City I got to see both games, and we went out to eat after almost all the games, even the ones the team lost, but we had a great time anyway."



Tearing down the field with the ball, senior Ramiro Cardenas tries to put the ball in the net.



Boys JV & Varsity Soccer



Head Coach Derek Lounsberry helps alum Adam Scarlett with play formations.





Skillful junior Brian Williams practices with teammates to prepare for an oncoming game.

Varsity SCORES		
H-S		OPP.
6	NORTHOLK	1
0	DIMCHRISTIAN	1
1	NEWTON	5
0	URBANDALE	6
0	DOWLING	6
0	LINCOLN	6
0	ROOSEVELT	10
0	HOOVER	4
3	MASONCITY	0
0	SEPOLK	5
2	NORR	5
1	DOWLING	4

Junior Varsity SCORES		
H-S		OPP.
0	HOOVER	3
1	NEWTON	1
0	URBANDALE	1
0	DOWLING	2
0	LINCOLN	3
1	ACEL	1
0	ROOSEVELT	6
0	HOOVER	4
0	MASONCITY	1
3	SEPOLK	0
0	NORR	1

C-Team SCORES		
H-S		OPP.
1	HOOVER	6
2	NEWTON	1
0	DOWLING	5
0	ACEL	3
0	ROOSEVELT	6
0	HOOVER	4
1	SEPOLK	2



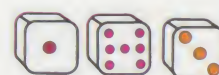
Ouch, senior Chris Casillas, far left, headbutts the ball away at a practice.

Managers Samantha Puffenbarger, Jacinta Hernandez and Celeste Lacona, far left, bundle up for a game, while the varsity team players, left, chill out before they tackle their opponents.

Posing for the ladies, below, seniors Chris Casillas and Ramiro Cardenas exhibit style and attitude.



Senior Ben Heaberlin makes a diving save. Heaberlin was the starting goal keeper for the varsity team during the last season.



W

hile the ball is kicked down the field, the JV girls block to insure that the ball isn't stolen from Roosevelt players.



In preparation for a big game, the varsity sits and puts on their gear. Most of the games are played at Cowrie Fields.



The JV waits to see where the ball is going to land as their teammate throws it in.

A swift kick to victory

Story / Layout by Nickie Freel

he whistle blows, the ball is passed, tension builds until that first goal is scored. The ball is crossed to the center of the field right in front of the net, then is blasted into the goal. The Scarlets score and the fans go wild.

The season may be over, but plays like that will not be forgotten. The 7-9 season last year was believed to be the best in the school's history.

"The girls worked well together and it all paid off in the end," said Coach Brad Ballard.

It was a memorable season for many reasons. Each player remembers something different about the season.

"The Mason City game that was called off due to a tornado sticks out in my mind," said sophomore Abby Campbell. "We started playing, then they had to stop the game because of the tornado warning."

There was a game against Ottumwa, where the varsity ten-pointed Ottumwa. That was

"'Coach of the Year' was the best thing to hear when we found out that Brad and all his hard work honestly paid off."

Sophomore Rebecca Herley

the first time in years that the team has won by that much.

For some people it wasn't a game that was memorable. It was playing for a new team.

"I went to North last year so playing for East was different," said junior Diamona Loran. "I didn't know anyone but they were all nice and made it easy for me to get used to it."

The freshmen found it difficult to adjust to the practices and being in a more competitive game. Most played for their middle schools or in a minor club soccer league. They were in for a surprise when they started playing for East.

"I've played for about eight years but this year it was harder. I had to get used to more practices than in club soccer and the practices were a lot more work," said Campbell.

"The practices may be hard but it was all worth it when we won," said sophomore Sarah Perkins.



Girls JV & Varsity Soccer

Varsity players prepare for the corner kick from Mason City. The game was called due to a tornado warning.



Senior goalie, Giao Nguyen, kicks the ball to her team mates. Nguyen has been the teams goalie since her freshman year.



Senior Cassi Bainter steals the ball away from Mason City. Bainter has played for the Scarlets since 8th grade.

VARSITY Scores

H-B		OPP.
1	MASON CITY	4
0	URBANDALE	7
0	DOWLING	10
3	LINCOLN	1
1	NORWALK	3
1	SE POLK	2
3	COLO-NESCO	0
0	ROOSEVELT	7
2	HOOVER	4
10	OTTUMWA	0
3	NORTH	1
2	ADEL-DESOTO-MINBURN	0
0	NEWTON	7
1	MARSHALLTOWN	6
1	SE POLK	0

JV

Scores

H-B		OPP.
0	URBANDALE	8
0	DOWLING	6
5	LINCOLN	1
1	ROOSEVELT	6
2	HOOVER	3
4	ADEL-DESOTO-MINBURN	2
2	NEWTON	4
0	MARSHALLTOWN	6
3	SE POLK	4





Ashely Kasper, freshman, hurls the ball down the lane, hoping to get a strike. She had a season bowling average of 150.



SCORES

BOYS	AVG.
JOSH ALLISON	156
JAKE BELCHER	143
CHRIS BENNINK	150
JON BIXLER	160
LUKE DAVIS	187
JORDAN GILLASPY	190
DANIEL LLOYD	141
BILL MCCLAIN	137
WILL RICHIE	142
DAVID SAPPENFIELD	157
JUSTIN SLEMP	142
SCOTT VULGAMOTT	197

GIRLS	AVG.
STEPHANIE CHUBB	117
RACHEL HENDRICKSON	100
ERIN JOHNSON	101
ASHLEY KASPER	150
CELESTE LACONA	100
LACY LEICHTER	102
ABBY MEYSENBURG	108
AMY MILLER	125
KAYTIE RYAN	139
LINDLEY WARREN	110
AMBER WOXELL	136



Bowlers strike back

come on, please don't get a gutter ball, to the left a little, too far, come on, and... **STRIKE!**

What group of people had these thoughts running through their head every time they went to a competition? Who else other than the bowling team?

The bowling team struck back at bowling alleys across Des Moines. They worked hard to get ready for competitions, having fun, and adjusting to a new addition to the team, a new coach, Larry Pecina.

You may have seen him in the hallways with a walkie-talkie, or maybe you have seen him at bowling alleys. Yes, the bowling team has a new coach/sponsor, a former North High bowling coach who then came over to the east side.

"I love East, everybody makes you feel welcome," Pecina said. "Change is sometimes hard, but everybody at East made it real easy for me."

Senior varsity bowler Kaytie Ryan said, "I like the new coach. Larry's cool."

Senior varsity bowler Amy Miller said, "Larry's goofy, too."

Now that the bowling team has a new coach they can get ready for competitions. There are two rounds at the competitions. In round one there are two regular bowling games. Each bowler bowls two games by themselves.

"There were a lot of young and inexperienced bowlers and we went against a lot of veteran teams. But each time we bowled, we got better and that is what we were going for."

**Coach/Sponsor
Larry Pecina**

Story/Layout by Amy Van Gundy

Round two is the 5-person "baker" game. Baker games are when there are teams of five bowlers on one lane. Each person plays two frames per game and then they combine scores as a whole.

The boys team won once this season and the girls won twice.

Miller said, "It's fun when you get strikes and everybody cheers for you."

"You have to be consistent with your technique. You can't change the way you bowl like you change the way you play in other sports," junior varsity bowler Scott Vulgamott

said. "My goal is to get a bowling average of 210."

"The most important part was to have fun, and we did that this year," said Pecina.

A lot of the bowlers bowl because it is unique.

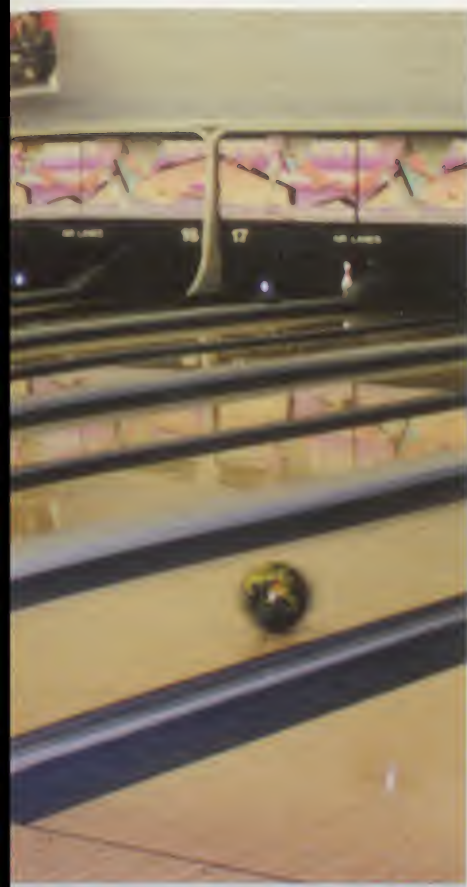
"I like bowling because it's different from other sports," said Vulgamott. "I bowl quite a bit. It's easy because you don't have to remember plays like in football."

"You don't get nervous like in other sports. We get to talk, joke and have fun," said Ryan. "We mess around a lot."

"I've been bowling since I was ten because it's fun," Miller said. "It's nice to meet people and get to know them."



Bowling



Luke Davis, sophomore, throws his ball down the lane with groovy moves. He was practicing for districts on Feb. 19 at Air Lanes on Fleur Drive.

Amy Miller, senior, is getting ready to roll her ball. She had a bowling average of 125.



Chris Bennink and David Sappenfield and other bowlers take a breather from practice. Bennink's bowling average was 150 and Sappenfield's was 157.

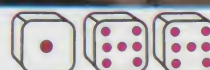
The coach and two bowlers watch a game. This was the Coach Larry Pecina's first year as the East bowling coach.



Bowlers enjoy some down time during a match against Hoover. They were on a mission to win at districts.



Bowling



Scarlet Sports

VARSITY FOOTBALL

Front Row: Blake Horch, Alan McConnell, Lee Chan, Montreal Shorter, Nick Bunce, Jeremy Amerison, Kenterrill Johnson, Jimmy Hill. Row 2: Demarcus Gines, Javon Washington, Mike Teasley, Gene Beakler, Michael Brown, Ryan Stockbauer, Pat Pollard, Robert Thompson, Dustin Hunziker, John Wells. Row 3: Asst. Trainer Lyssia Rivera, Asst. Trainer Ashli Walker, Robert Banner, Asst. Coach Ted Christensen, Asst. Coach Patrick Lewis, Coach Darrin Fisher, Asst. Coach Byron Williams, Asst. Coach Ken Burgess, Asst. Coach Carl Drautz, John Mongar. Row 4: Josh Ziegler, Brandon Ramirez, Asst. Coach Bob Bagley, Asst. Coach Ed Jennings, Asst. Coach Tron England, Asst. Coach John Walling, Trainer Paul Carr, Asst. Coach Joe Bianchi, Robbie Hill, Matt Grochala. Row 5: Travis Scott, T.J. Page, Bret Toncar, Pat Pringle, #79 *Floyd Perry*, Robin Mickens, Doug Rowe, Marc Whalen, Kyle Thompson. Row 6: Luke Griffith, Elija Scymour, Bryant Reynolds, Aaron Jordan, Ben Ballard, Tim Bolten, Robbie Snyder, Pete Cooper, Mike Knobe. Row 7: Ashton Sauls, Tyrone Johnson, Richard Bolden, Demetrius Frazier, Luke Bolander, Jamie Fitzgerald, Andrew Strahl, Andrew Hastings, Marty Mohler. Back Row: Josh Steben, Nick Lange, Royce Phillips, Bobby Black, Tad Hoover, Brendan Kerber, Frank Lowery, Nick Eaton, Craig Whitney. Not Pictured: Todd Claiborne.



SOPHOMORE FOOTBALL

Front Row: Deron Butts, Ben Hurley, Ben Rokes, Nate Williams, Taylor Miller, Darie Douch, Jose Sanchez, Michael Franklin, Stefen Vigil. Row 2: Josh Maple, Rusty Madison, Kirk Rivas, John Houston, Stuart Hall, Amara Sama, Jimmy Hill, Brian Loftus. Row 3: Doug Feldmann, JaMar Birch, Blake Horch, Asst. Coach Byron Williams, Head Coach Ed Jennings, Asst. Coach Ted Christensen, Dustin McAnich, Josh Meyers, Eldon Campos-Anderson. Row 4: Bret Toncar, T.J. Page, Robert Frye, Michael Smith, Logan Miller, Neil Issa, Kile Kilby, Ben Ballard. Back Row: Corey Rankins, Brandon Brown, Bojan Djukic, Scott Fowler, Marcell Goblen, Shane Kellow, Aaron Jordan. Not Pictured: Patrick Kerr, Kyree Green.

FRESHMAN FOOTBALL

Front Row: Dorian Minter, Austin Elder, Matthew Manyvong, Sean Logan, Devontay Brown, Kyle Slinger, Mike Shade, David Brickles, Ethan Kouri. Row 2: Kyle Bates, Nick Mongar, Adam Eklund, Timothy Bolander, Joe Anderson, dropped, Timothy Dawson, Justin Slemple, Logan Dabney, Cody Bosley. Row 3: Colton Collins, James Wells, Jamie Jorgensen, Coach Ken Burgess, Coach Carl Drautz, Coach Bob Bagley, Darryl Saunders, Robbie Van Wheelden, Josh Curry. Row 4: Edwin Wheeler, Justin Lewis, Antonio Carter, Jared Weatherall, D.J. Murray, Scott Jensen, Jacob Hastings, Jake Fitzgerald. Row 5: Peter Barlean, Zach Teas, Brandon Labelle, Danny Bowman, Donovan McClain, Kyle Fleming, Michael Boyd, Brandon Hayes.





Varsity Volleyball

Front Row: Jrisley, Kristian, Morgan, Hannah, Emily, Speck, Link, and Book. Middle Row: Cassie, Stephanie, Row 2: Brooke, Jrisley, Silvia, Amanda, Jennifer, and Janelle. Back Row: Amy, Pam, Carrie, and Robin. Not Pictured: Coach Jenae Halstead, Kassadee Sellers, Amy Tarr, Whitney Link.

JV Volleyball

Front Row: Lacey Bergen, Nikki Robbins, Christina Tharp, Ashley Logan, Elyssa Patino. Row 2: Jasmine Tyler, Brittney Robbins, Sarah Perkins, Stephanie Brown, Jen McDaniel, Mallory Johnson. Back Row: Cassie Stapes, Tiffany Daugharthy, Addy Speck, Coach Jenae Halstead, Kassadee Sellers, Amy Tarr, Whitney Link.



Freshman Volleyball

Front Row: Amanda Roth, Samantha Roth, Kristi Kieler, Cassie Johnson, Audri Lu. Row 2: Laurel Murphy, Hannah Kilbey, Heather Kingen, Jennifer Stogdill, Allyson Mullin, Kasey Jensen. Back Row: Marnetta Rankins, Mak Scarlett, Coach Mary Decker, Mattie Sellers, Ashley Steben. Not Pictured: J.J. Johnson.

Cross Country

Front Row: Lisa Collagan, Cristal Villanueva, Kaeli Helm, Jenny Lyon, Roxana Ferreyro, Thuy Huynh, Katie Lown. Row 2: Chris Miller, Brad Davidson, JaRae Shelton, Jenny Sawhill, Austen Winterbottom, Justin Duckwoth. Back Row: Zach Reese, Nolan Walker, Jeremiah Yassin, Coach Mel Green Jr, Ian Beck, Nick Newcomb, Steven Kennedy. Not Pictured: Amy Flaherty, Crystal Larson, David Loyd, Andrea Torres.





Varsity Boys Basketball

Front Row: Ashton Sauls, Josh Ziegler, DeMarco Turner, Greg Zubulake, Mark Heman, Tyler Luft. Row 2: Nick Eaton, Brendon Kerber, Jamie Fitzgerald, Todd Claiborne, Royce Phillips, Toby Zimmerman.

Varsity Girls Basketball

Front Row: Meaghan Bruner, Monica Hernandez, Tiffany Burgess, Carrie Hatfield, Kayla Koeppen. Row 2: Nicole Kouri, Jennifer Radley, Becca Hurley, Gianni Beer, Brittany Fisher, Brooke Fisher. Back Row: Tia Mays, Asst. Coach Mike Anderson, Coach Sam Powell, Asst. Coach Brad Green, Tiara Mays, Mgr. Crystal Larson.



Sophomore Boys Basketball

Front Row: Josh Myers, Deron Butts, Emanuel VanDyke, Devin Clipperley, Amara Sama, Shwan Williams. Back Row: Jamar Birch, Ryan Brower, Aaron Jordan, Jake Zimmerman, Trent Smith, Chris Davis, Aaron Degoe. Not Pictured: Brandon Brown.

Front Row: Kim Fleming, Tequila Bragg, Stephanie Halferty. Middle Row: Jennifer Davison, Christian Smith, Jennifer McDaniel, Jerrica Amerison. Back Row: Ashley Yingst, Kennesha Heard, Coach Thana Heller, Cassie Stapes.

Sophomore Girls Basketball





Front Row: Scott Jensen, Cody Bosley, Kirk Carter, Austin Elder, Jared Weatherall, Joe Jackson. Row 2: Quentin Taylor, Volin Williams, DJ Gross, Glenn Welch, Brandon LaBelle. Back Row: Brett Kelsey, Mike Boyd, Coach Ed Jennings, Coach Micheal Street, Allen VanGundy, Mgr. Amber Huggins.

BOYS BASKETBALL



Front Row: Marretta Rankins, Charrell Moody. Row 2: Lancel Murphy, Heather Kingen, Stephanie Hernandez, Madam Scarlett, Audriana Lu. Back Row: Nichole Ellis, Marriann Sellers, Coach James Turner, Ashley Steben, Jennifer Johnson.

GIRLS BASKETBALL



GIRLS SWIMMING

Front Row: Jenne Reedholm, Liz Denmen, Paige Shannon, Melissa Egkhounmuong, Alexis Timm, Jami Bowen, Kelsey Anderson, Rebecca Phillips. Row 2: Breanna Fousek, Shelby Burns, Julia Phillips, Shannon Stewart, Belma Mujakovic, Jade Manning, Ashley Mendenhall. Row 3: Jessica Cantwell, Allie Griffiths, Ashley Hughes, Coach Stan Thompson, Asst. Coach Eric Galvin, Alicia Dale, Lacey Chumbley, Megan McCallister. Back Row: Anna McCourt, Meredith Breton, Narelle Buffalo, Alexandra Giddings, Katie Smith, Katelyn DeHaan, Kate Bauman.



BOYS SWIMMING

Front Row: Coach Erin Lowe, Cap. Patrick Suggett, Jamie Farrington, Travis Stewart, Derek Wolleson, Asst. Coach Dustin Cassler, Nathan Henry, Jimmy Edwards, Kyle Hutchins, Brian Roby, Ethan Van Helton, Jake Korbakes, Cap. Mitch Avitt, Bryan Williams, Tim Bolander, Antonio Riveras, Dana Piatt, R Kealy, Josh Eaton, Cap. Luke Bolander. Not Pictured: Robert Ramore, Mitch Little, Wol Nynum.



BOYS TENNIS

Front Row: JaRaé Shelton, Nataleen Sakakhanone, Kelsey Treen, Valerie Coe. Row 2: Ana Diaz, Brenda Aguirre, Brittani Coleman, Jami Bowen, Dana Troyer, Anousone Sengsirivanh, Paulina Escobedo, Jiear Vang, Seashia Vang, Bun Kim Lo, Sunny Sengaphone. Back Row: Coach Lorene Nelson, Alicia Dale, Thuy Huynh, Joeseey Jackson, Vilailack Kheukham, Chelsey Randolph, Jessica Mosqueda, Elizabeth Bailey, Jennifer Harmon, Taylor Miller, Gina Hughes, Kayla Worden, Sydney Williams, Coach Carl Drautz. Not Pictured: Lacey Leichter, Nikita Person.

GIRLS TENNIS



Scarlet Sports



VARSITY SOFTBALL

Front Row: Jessica Cockerham, Nicole Cockerham, Jessica Beavers, Elyse Logan, Ashlee Petersen, Angie Baumiester. Row 2: Nicole Kouri, Ashley Steben, Samantha Waters, Carrie Hatfield, Kasadee Sellers, Bobbie Stradley, Jennifer Radley. Back Row: Kim Howell, Asst. Coach Jerry Collins, Asst. Coach Samantha Baugh, Whitney Link, Coach Bob Ligouri, Asst. Coach Bob Savage, Amanda Zust. Not Pictured: Amanda Enochs.



VARSITY BASEBALL

Front Row: Derek Wennekamp, Robert Bourdon, Aaron Young, Kenneth Savage, Jeffery Jones, Brian Doornenball. Row 2: Marty Mohler Jr., Alan Althaus, Nathan Roth, Stephen Williams, Gregory Tarr, Joshua Dunham, Timothy Bolton. Back Row: Nicholas Eaton, Nicholas Lange, Tyler Luft, Coach Brian Luft, Asst. Coach BJ Van Vleet, Drew Beals, Troy Deaton, Joseph Hart.

JV SOFTBALL

Front Row: Jennifer McDaniel, Ashley Logan, Kelsi McCuen, Nicole Mowery, Jessica Beavers, Tricia Robbins. Row 2: Deana Grooms, Tonessa Young, Kasadee Sellers, Jodi Housley, Amanda Enochs, Jenna Doty, Mattison Sellers. Back Row: Shelby Speck, Jennifer Radley, Coach Thanna Heller, Coach Jamie Baus, Mar'netta Rankins, Ashley Steben.



SOPHOMORE BASEBALL

Front Row: Andrew Alexander, Devin Cipperly, Chris Bennick, Greg Zubulake, Joey Peterson. Row 2: Brett Toncar, Pete Michaelson, Michael White, Robert Banner, Joseph Carter, Ryan Brower. Back Row: Eric Houser, Justin Dunhum, Coach Marty Luft, Asst. Coach Steve Cipperly, Danny West.





FRESHMAN SOFTBALL

Front Row: Stephanie Brown, Kelsi McCuen, Kelsey Young, Chaney Crabb, Mallory Smith. Row 2: Addison Speck, Jennifer McDaniel, Hannah Grimm, Josie Sacco, Tricia Robbins, Amanda Enochs. Back Row: Jennifer Radley, Mar'netta Rankins, Jasmine Tyler, Coach Amy Wilterdink, Maddison Sellers, Katie Smith, Ashley Yingst.



8TH GRADE SOFTBALL

Front Row: Samantha Roth, Kelsi McCuen, Katelyn Smith, Kim Robinson, Chanel Michelson, Meribeth Mullin, Amanda Roth. Row 2: Jamie Belcher, Missy Ulmer, Brianna Dumstorff, Amy Parker, Heidi Hockensmith, Cassie Eddins. Row 3: Tara Bougher, Kylie Vry, Heather Kingen, Coach Brigid Menough, Allison Carrick, Jenny Sullivan, Brittany Grochala. Back Row: Tiffany Gutierrez, Mattison Sellers, Mar'netta Rankins, Jennifer Johnson, Makanani Scarlett.



GIRLS GOLF

Front Row: Ashli Walker, Allison Schemmel, Nicki Kalai, Heidi Kaldenberg. Back Row: Casey Dawson, Katie Ring, Coach Kevin Hogue, Andrea Grossman. Not Pictured: Rahni Janssen.



FRESHMAN BASEBALL

Front Row: Trevor Beads, Luke Davis, Austin Elder, Sean Logan, Jordan Gillaspie, Joe Anderson, Tim Bolander, Cody Bosley. Row 2: Scott Jensen, Michael Kuchler, Dustin McArthur, Ben Hurley, Jacob Burkhead, Aaron DeGroot, Josh Mayers. Back Row: Alan VanGundy, Michael Boyd, Jacob Hanning, Alec Coach Tony Snyder, Coach Scott Rourke, Ryan Remus, Logan Miller, Thomas Pigeon.

BOWLING

Front Row: Will Richie, Luke Davis. Row 2: Amber Woxell, Kaytie Ryan, Lacey Leichter, Amy Miller. Back Row: Daniel Lloyd, Jon Brier, Scott Vulgamont. Not Pictured: Justin Slomp, Bill McClain, Josh Allison, David Sappealfield, Jordan Gillaspie, Chris Bennink, Jake Belcher, Ashley Kasper, Lindley Warren, Rachel Hendrickson, Abby Meysenburg, Stephanie Chubb, Erin Johnson, Celeste Lacona.



BOYS GOLF

Front Row: Jeremy Miller, Gregory Zubulake, Cody Nieland, Ryan Fitzgerald, Devin Cipperley, Lucas Davis, Adam Geiger, Nicholas Zubulake. Back Row: Nicholas Fogle, Arron Densley, Trent Smith, Coach Sy Forrester, George Kranovich, Coach Deb Waltz, Michael Hickman, Justin Denham, Todd Appleby. Not Pictured: Daniel Nguyen, Patrick Cooper, Dax Bell, Drew Beals.



GIRLS SOCCER

Front Row: Diamona Lovan, Tori Crum, Jennifer Reedholm, Grisel Barron, Christina Tharp, Dalila Carrasco, Sofia Munoz, Julia Baray, Alyssia Rivera, Sarah Perkins, Cassi Bainter, Laura San Elias. Row 2: Lisa Collogan, Meredith Breton, Nicky Waldron, Cristal Arroyo, Gabriela Aguayo, Giao Nguyen, Mariana Murillo, Lyssette Lopez, BreAnn Whitaker, Katilin Brown, Emily Rice. Back Row: Rachel Diver, Silvia Aguayo, Abigail Campbell, Asst. Coach Tanner Guy, Coach Brad Ballard, Arielle Petrie, Rebecca Hurley, Jennifer Cantwell. Not Pictured: Jessica Cantwell.



VARSITY BOYS SOCCER

Front Row: Capt. Gustavo Ceballos, Khone Kavan, Trevor Jones, Ben Heaberlin, Pedro Leanos, Ramiro Cardenas, Danny Phomisay. Row 2: Nick Anspach, Ben Murray, Saul Ceballos, Alfredo Gutierrez, Tony Mosqueda, John Wells, Capt. Tim Ballard, Trevor Bird. Back Row: Mgr. Jacinta Hernandez, Todd Claiborne, Jesse Antelman, Coach Derek Lounsberry, Adam Scarlet, Asst. Coach Christian Ezel, Nick Lange, Mgr. Celeste Lacona, Mgr. Samantha Puffenbarger. Not Pictured: Chris Casillas, Cesar Contreras, Walter Mendez, Cesar Meza, Carlos Patino



JV BOYS SOCCER

Front Row: Aaron DeGoey, Khone Kavan, Mgr. Celeste Lacona, Mgr. Samantha Puffenbarger, Mgr. Jacinta Hernandez, Luis Quintanar, Danny Phomisay. Row 2: Chad Ortis, Orlando Valdez, Jose Rodriguez, Jared McNeal, Sobe John, Eugene Beakler. Back Row: Aaron Jordan, Alfredo Guitierrez, Ramiro Cardenas, Asst. Coach Derek Lounsberry, Coach Christian Ezel, Nick Lange, John Wells, Marcus Wadsworth. Not Pictured: Cesar Meza, Bryan Williams, Luis Gomez, Walter Mendez, Chris Casillas.



BOYS C-TEAM SOCCER

Front Row: Brian Heaberlin, Tim Kommavongsa, Tanis Sotelo, John Houston, Juan Paz, Zebereck Townsend, Chad Ortiz. Row 2: Bryan Williams, Josh Mosqueda, Deric Williams, Orlando Valdez, Aaron DeGoey, Danny Sanchez, Peter Tang, Ian Beck. Back Row: Mgr. Celeste Lacona, Aaron Jordan, Adam Van Helton, Coach Christina Merten, Justin Rice, Matt Norton, Mgr. Jacinta Hernandez.



GIRLS TRACK

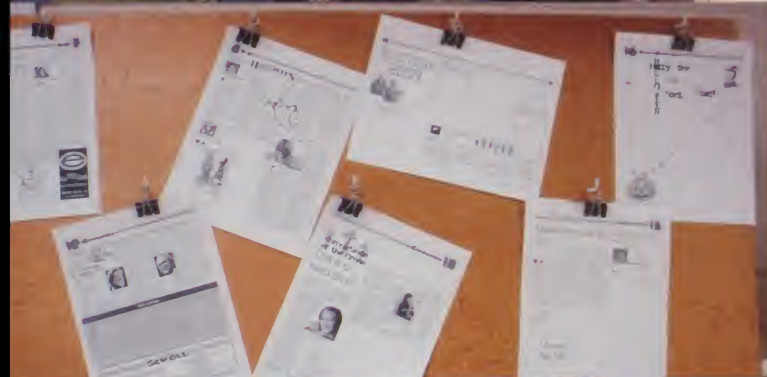
Front Row: Whitney Zoller, Abby Johnson, Alexandra Osborne, Katie Schneider, Emily Bergman, Nicole Peterson, Jennifer Anderson, Shantika Lewis, Jennifer Davis, Hali Logan, Ashley Logan. Row 2: Rael Hulse, Kaiti Salzer, Tessa Robinson, Carl Marzulli, Andrea Moore, Sherry Lee, Yashira Moreno, Melissa Truitt, Amy Hubbard, Ydha Marzulli, Tameela Walker. Row 3: Shannon Warren, Roxana Berreys, Kira Flannery, Asst. Coach Kent Morton, Head Coach George Davis, Asst. Coach Peter Moore, Asst. Coach Bob Bagley, Nicole Raygan, Kiana Collins, Sarah Wignall. Row 4: Jodi Housley, Crystal Laroque, Larri Wagner, Jerica Anderson, Naama Siders, Amanda Lavelle, Breanna Touch, Samantha Waters, Courtney Craplin, Meghan Bruner, Jessica Bevers. Row 5: Bobbie Jo Blair, Mallory Johnson, Sierra Buck, Carissa Hughes, Shelby Speck, Felicia Wagner, Nicole Kouri, Kennisha Heard, Addison Speck, Mindy Carey, Darius Hixon, Beth Hox, Ashley Yinger, Ashley Bonn, Mykenya Johnson, Joleen Rans, Janica Terry, Brooke Fisher, Katie Smith, Anna McGoun, Not Pictured: Kasadee Sellers, Andrea Torres, Brandi Crum

WRESTLING



Front Row: Mgrs. & Cheerleaders Allison Ring, Jena Bowen, Rachel Olson, Nicky Waldron, Breanna Murray, Ashli Walker, Patricia Robbins, Nickie Freel, Jill Ayersman, Kelsey Treen. Row 2: Phillip Phipps, Jeff Wright, Ethan Kouri, Kyle Slinger, Nate Williams, Dalton Price, Cody Price, Carlos Welch, Ashley Allen, Taylor Miller, Dorian Mentor, Justin Beggs, Marshall Romero. Row 3: Joseph Carr, Mike Dellaca, Tanner Mann, Eric Thavonekham, Nick Sullivan, Matt Sloan, Derek Winnecamp, Stanley Frederickson, John Mongar, James Wells, Jimmy Hill, Nick Brown. Row 4: Bryan Loftus, Frank Cochran, Dusty McAninch, John Wells, Robbie Hardwick, Asst. Coach Scott Rourke, Coach Larry Jackson, Asst. Coach James Giboo, Eugene Beakler, Jake Hastings, Edwin Whalen, ? , Mark Whalen. Back Row: Mike Garrison, Craig Whitney, Elijah Seymour, Joe Hart, Matt Stephenson, Bryant Reynolds, Tyler Smith, Justyn Lewis, Bojon Djukic. Not Pictured: Karl Althaus, Sean Degeoy, Tyler Sowden.





Academics: Collect Education

Playing the game of life is not always easy but it does help to know how to play, so we focus and work hard in our academics. ~~E~~ven though English, math and history may not always be in the spotlight of our game, it does not stop us from succeeding in our academics. ~~We~~ know that in order to play the game right, we must put forth our hard work because this has always been an area where EHS has a monopoly.

Viewing exchange books, at right, seniors Katie Lown and Casey Dawson gather ideas for their next topic. Below, juniors Adam Crane, Elizabeth Mayes, and Brittani Coleman revise the designs of the staff.

Learning how to manage the new color system, below, senior photo, design and co-editors, along with adviser Ed Kelly talk about the new changes made.



Did You Know

1. The first yearbook made by the Quill staff was in 1905, was in all black & white and only consisted of 48 pages.
2. Now, there are over 250 pages in the yearbook and for the first time in 100 years, the entire book is in color.



Quill



Discussing upcoming plans for a new deadline, senior co-editors **Amanda Khodai**, **Vivian de la Cruz** and senior **Amber Tyler**, decide on new ideas for the yearbook. Staff members often gathered outside of school to organize upcoming events.

WORK IN ON A FUTURE

Layout by Khoduz

Imagine having a class where all of the work done throughout the year gets published and sent out to hundreds of people, a class in which late work holds up a thousand-dollar project. What kind of class is this? The answer is yearbook.

"Unfortunately, it is a team activity and it's good for the fun, but slackers can hold up the whole process," said yearbook advisor **Ed Kelly**.

The homework for these students isn't the usual, everyday homework. It's the type of work where stories, pictures, and page designs must come together within a month. And it's not just one time, these dedicated students have five yearly deadlines they have to meet.

"It kind of depends on what topic you are doing; most of the deadlines are easy, but there are some that are challenging," said junior sports editor **Matt Grochala**.

"I feel each deadline is given a good amount of time to come up with quality spreads," said senior co-photo editor **Katelin Eaton**.

But with all of this deadline pressure, students get as much freedom in the class as they need. Staff members get the chance to go to teachers and interview them for special stories.

Of Color

"This gives the staff a good opportunity to go out and approach other students and staff that they normally wouldn't talk to," said senior co-editor **Vivian de la Cruz**.

For interested students, there is a special process to go through in order to be accepted into this class. First the student would need to go through a beginners class to get ready for the actual yearbook class.

"We recruit from freshman classes. I look for teacher recommendations on students that they think will do a good job writing and designing. Sometimes I even get recommendations from other students," said Kelly.

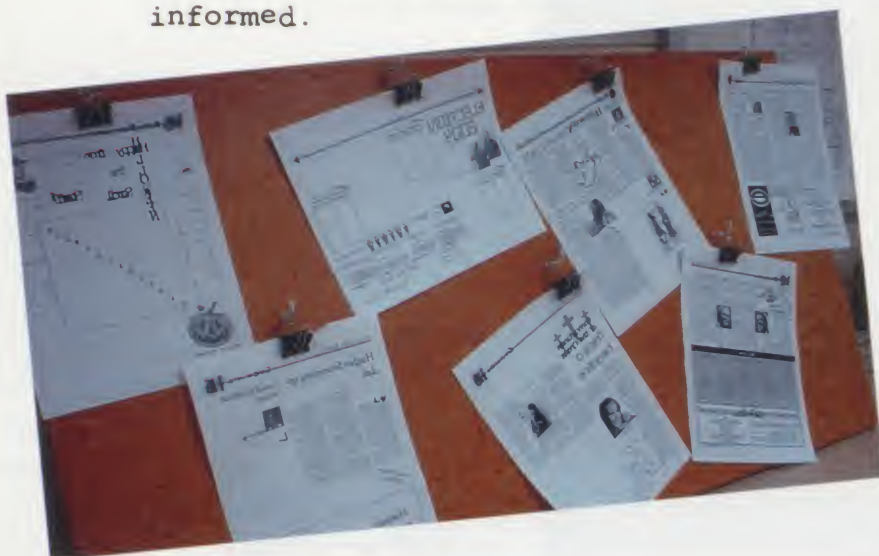
It takes a lot of time and patience to finish a book with 300 plus pages, not to mention the pressure to out-do the last year's yearbook. But somehow these students get it done in less than a year.

"Last year we had an awesome staff and each year we have these new people coming into the class. So there is pressure to not only out-do last year's staff but to out-do your own stories and spreads you did last year," said senior advertising editor **Erica Sholley**.

Quill



The board below tracks the 4 week production progress for the newspaper. Staff members used it to continually post updated pages and articles to keep everyone informed.



Change
Change
Change

»» **T**o...

»»



One of the many changes this year included an update in style. The look went from a typical newspaper style to a more modern magazine layout.



Scroll

Meeting with Kelly during class, at left, staff seniors **Amy Miller**, **Carissa Hibben**, and **Nicole Omundson** go over plans for their pages. Below, seniors Miller, **Erica Mullin**, and **Anna Scarborough** toss around ideas for possible articles.



Taking Control Of The Game

Newspaper adviser **Ed Kelly** gives a few pointers to senior **Tim Bolten** about his page for the paper.

While most East High students were sitting at their desks, taking notes or reading textbooks, the students in room 3060 were debating whether or not having 16 pages in the newspaper would be their downfall. This issue was just one of many pressing topics and potential changes facing the Scroll staff this year.

"One of the biggest changes this year," said senior **Nicole Waldron**, "was expanding the paper's size from 12 to 16 pages. It seemed like we had used the old style for so long, so this made the year even more interesting."

Coming up with enough material to fill the extra pages of the newspaper required more work from the staff. There was more pressure to meet deadlines and sell more ads to help pay for the extras. But even though the staff members had more to do to create the bigger newspaper, there was another aspect of this year that helped to lighten the work load.

"Our staff was definitely bigger," said senior **Tim Bolten**. "That meant that the responsibilities were spread out a little more than they were last year."

According to senior **Nicole Omundson**,

there was more than one advantage to having a larger staff.

"All of the staff members have their own opinions and personalities, so our paper ended up having a very diverse feel to it," said Omundson.

Bolten agreed that the make-up of the staff was beneficial to the success of the paper.

"It helped to have a lot of seniors on board. It added a lot of experience and confidence to the staff," said Bolten.

Excitement about the newspaper's changing appearance also fueled the students' creativity. Instead of the typical newspaper design that they have used in the past, the staff decided to use a more modern magazine layout.

"This was a step up for us because the magazine look was very different than what we were used to and added a lot of vitality to the paper," said junior **Randy Chanthavong**.

This allowed the students to try new things with their designs.

"That's one of the best things about being a part of the newspaper. We have the freedom and control to try new things and express ourselves," said Omundson.

Scroll



5 awesome artists

Chirasath Saenvong



Anna McCourt



Matthew Norton



CHALK IN

P

astels, watercolors, colored pencils, markers, and clay are just some of the many materials that the East High art students use on a daily basis.

Throughout the course of the year, the art teachers, along with others, plan special activities for the students to participate in.

"We usually paint the sidewalk for homecoming, but this year we didn't get to because of the rain," said art teacher **Shirley Gooch**. "We help with designs for the Scroll and the Quill whenever we can and last year we painted a mural for the community down at the S.E. 14th Hy-Vee.

"This Spring Break the art students have combined with Mrs. Morris and the Spanish Club and anyone else who would like to come, to go on a trip to Spain and Paris. It's a collaboration of art, language, history, and culture."

Art class isn't just about being artistic, the students also learn about the different time periods and what type of art was used then.

Gooch said, "Art history is a large part. The students study about the artists and the styles. Some of the periods we study are the Renaissance, Impressionists, 20th century Modern, and Contemporary. Of course we study Da Vinci, Michealangelo, Dega, Cassat, and Picasso."

Senior **Lindsey Hook** said, "The thing I like

Story/Layout by Amber Tyler

It Up

the most about art is painting on the canvas."

"I really like canvas painting because I get to mix a

lot of paint together," said sophomore **Chirasath Saenvong**.

Many of the art students have been taking art for years. Some even go on to pursue it as a career.

Hook said, "This is my second year taking art. I tried it last year and found out that I was really interested in it. I like being able to express my artistic side."

"I enjoy art and I like to draw a lot," said Saenvong. "I've been in art since I was in elementary school. I'm planning on continuing when I go to college."

"I've had several students that have gone on and made a name for themselves in the arts," said Gooch. "One that comes to mind is Marcos Ramirez who graduated in '99. He's done illustrations for two books, he's a fireman, a pro-boxer in Kansas City, and has a career in commercial art. It's really rewarding to see that you can have a positive influence on others."



Art



Marisol Balderas



Gabriela Aguayo



Unfinished, the mural for the S.E 14th Hy-Vee sits in art teacher Shirley Gooch's room. Commercial Art students worked on the mural from February to April.



Above, seniors Ivana Djukic, Ramiro Cardenas and junior Gabriela Aguayo work on their still life drawings. Left, sophomore Amber Sloan hovers diligently over her painting. Over Spring Break, art and foreign language students visited Paris and Spain with the World Travelers club.



Learnin' the Basics Of Life

If someone ever says there is a lack of interesting classes at EHS, politely inform them that they are living under a rock, because there is a plethora of family and consumer science classes being taught that offer a variety of practical skills and information.

Food and Nutrition and Food and Consumer Sciences are the two classes that center on cooking. While they both cover safety and sanitation, the material, projects, and food cooked in each differs. In Food and Nutrition, the students focus on basic equipment, recipes, measurements, grains, eggs, quick breads, and nutrition. They also have a larger safety and sanitation project. Food and Consumer Sciences students deal with yeast breads, salad, pies, and pastries. It also focused on the students as consumers for food.

"These classes were a perfect fit for me," said senior **Antonio Rivera**. "I love cooking and I would like to be a chef and open my own restaurant someday. Those classes helped me develop my cooking skills that I will use in the future."

There is also a group of classes that center on the students' futures, specifically as adults: Relationships, Adult Living, Parenting, and Child Development. The Adult Living class teaches students about money management and housing, careers, clothes, and food. The Relationships class teaches students about relationships they will have in the future and the decisions they will make that will impact them. The class's major project consists of the students having to write a paper about themselves.

"In Relationships, we also have the students find five very different people: married, divorced, single, etc.," said teacher **Donna Adams**. "Then they ask these people for advice

on marriage. With the variety of answers they get, the

students learn a lot about different views and opinions of marriage."

There are also Fashion, Sewing, and Home Interior classes. In the Fashion and Sewing classes, students learn to make the basics, like pincushions, and more complicated projects, including pajama pants and bags. They also teach practicality considering clothes and fashion.

"I learned a lot of stuff that I never even thought about," said sophomore **Abby Dawson**. "One of the best things I learned was that it was okay to return clothes if something was wrong with how they were put together. I can also find these problems with clothes now that I have taken the class."

Students have also found that the sewing classes helped them with their clothes.

"Now if something happens to my clothes, like if I have a button fall off a shirt," said senior **Amber Tyler**, "I can just sew it back on myself without having to ask my mom or someone else to fix it."

The Parenting and Child Development classes teach the students more about children. In Parenting, there are many hands-on learning projects including field trips to day-cares, putting together and presenting their own lessons, and making and maintaining flour babies. Child Development also has many projects including visits from younger kids, assembling books for babies, and making art for kids.

"It's really a great advantage for the students to interact with the younger kids and apply what they have learned in class," said teacher **Deann Hebert**.

Juniors **Mary Farrell** and **Kasara Felts** prepare their flour babies for their parenting class. At middle right, the parenting class is enjoying and learning from a field trip to the Capitol Park daycare class. Kids visit the parenting class, at far right, so that students can apply what they have learned.



S

sewing students, sophomore **Tamisha Newberry**, at left, and senior **Calista Hazelwood**, juniors **Kendy Guzman** and **Tiffanie Brown**, and senior **Reneisha Mason**, below, show off the outfits they put together. Far below, freshman **Erica Canter** and juniors **Gricelda Ramirez** and **Alex Reed** play the Married Game to learn more about relationships.



Hands On





Woods teacher **Alvin Shautz**, below, helps sophomore **Nick Murphy** with his project. Shautz has been a teacher at East for eight years. At right, junior **Michael Williamson** hammers out his chisel. Williamson is a student of both wood and metal shop.



GOIN' SHOPPIN'

Story/Layout by Chris Piatt

When you go to any other school you will find that there are only one or two industrial technology teachers. At East there are six, even after losing auto-body teacher **Russell Junck**.

Martin Mohler teaches Drafting along with Intro to Graphics, **Jeffrey Jansen** teaches Metals, Intro to Metals, and the newest "Small Engine/Power" class which replaced the Auto's class, while **Jeffrey Hall** and **Alvin Schatz** teach the Woods and Intro to Woods classes, **Tom Cole** teaches Graphics, and **Bill Oleson** teaches Home Remodeling.

Six teachers, seven different courses: that is how much East is devoted to the Industrial Technology department.

"We have so many teachers and classes in the department because this community is made up of a large portion of blue collar workers and we see that our students need to be skilled in construction and technical trades," said Mohler, Chairperson for the department. "And we have had the support of all of our principals for the last thirty years I've taught here."

Thanks to the Perkin's grant last year, the industrial technology classes received some new state of the art equipment. The grants are based on the size of the school's metal department, so because East's industrial technology program is larger than most schools, East got more money. These new machines

made the Power class's "fuel efficiency race" a possibility.

"Shop is my favorite class because we actually get to do something in there, we get to use our hands to make something instead of sitting behind a desk all the time," said sophomore **Rolando Ochoa**.

With the interest East students have in the Industrial Arts department, Mohler hopes to add another full-time teacher after the renovations are finished. Due to the budget cuts, when one of the teachers retire they are not replaced, so teachers like Jansen take over the classes rather than dropping them completely. Another full-time teacher would help relieve the work load. Even with the enormous classes and packed teacher schedules East continues to maintain one of the best Tech. Ed. programs.

"I know we have one of the best programs in the state, because year in and year out we do very well in the state competition," said Hall.

In various courses students can learn the basics to many careers: the use of cameras in digital photography, wood working, metalworking and drafting design. Even house remodeling is offered.

"We've got a great bunch of kids and I think they're doing great even though we have so many kids in all of the classes," said Jansen.



Industrial Technology

Below **Travis Scott** and **Anthony Hansen** use the gas welders to make their projects while at far right **Tim Buell** uses the grinder to smooth down the metal. At right Murphy uses the ban saw to cut his project to shape.



Above, senior **Alan Althaus** uses the arc welder to weld his pieces together while, at left, the class works in the shop to create their various objects.

Shop Careers

Metals- plumber, welder, furnace & A.C. technician

Woods- carpenter, cabinet maker, remodeling

Photography- photographer, digital photographer

Home Remodeling- architect, building contractor, landscape artist

Drafting- layout designer, magazine editor, shoe designer

Industrial Technology



Looking up salaries and researching on the computer for **Samy El-Baroudi's** Econ class, sophomore **Andy Sengaphone** and senior **Laura San Elias** at right concentrate on their project. Below, El-Baroudi's classes also work on researching for assignments in groups.



Working to their fullest in **Elaine Peterson's** class are juniors **Melissa Coleman**, **Greg Zubalake**, and senior **Michael Harmon** at right. Doing some research are students from one of **Derek Lounsberry's** Computer Applications 1 class below.



Business



Checking a sweater to make sure everything is going smoothly, senior Meaghan Brunner finalizes her project.



In EHS' business classes you can earn up to 24 college credits, I repeat up to 24 college credits. As the years have been going by, more and more of the business classes are turning towards the DMACC college credits.

OPENING UP NEW DOORS

Did you know something that not many people don't know...students can earn up to 24 college credits through Des Moines Area Community College (DMACC) by taking business classes. Yes, I said up to 24 college credits through DMACC. Where have you been if you didn't know this?

The business classes at EHS are connected with DMACC. The students use the same book and have the same requirements as the students in DMACC. The teachers are approved and have to meet DMACC's standards; in other words they are adjunct.

"Students can get the feeling of being a kick ahead when they start college," said business teacher **Elaine Peterson**. "The credits they earn aren't just for DMACC either, they can use them for any college or university."

The classes that are part of this program are Word Processing, Computer Applications 2, Desktop Publishing, Multi-Media-Internet, Accounting, Personal Finance, Marketing/Sales, Office Education, and Office Education Coop.

According to freshman **Catherine Coleman**, "I'm happy to know that if I keep going with the business classes then I

can get college credit."

The business classes at EHS can help with many businesses. Students can join or even start businesses on their own. In Econ class, students get to make up their own business,

elect their own class presidents, sell items that they choose to the rest of the school, and they can also hold shares.

"In Business Law, we get to learn about the basic laws of business that helps us in later life when we need them," said junior **John Wells**.

"This can help on your transcript when applying to get into college," said junior **Christina Sweet**. "It can open up new doors for great jobs."

Before taking these classes, students usually start off with the keyboarding classes, to get the typing down. Starting in fall of 2003, all freshmen were required to take either keyboarding or computer applications, depending on what they last took in middle school.

"Since I took keyboarding in eighth grade at Amos Hiatt Middle School, I get to take Business this year," said freshman **Naly Bounyalath**.

h Life

Business



Far right, stands the Eiffel Tower in all its glory. Second from right, is a scene from the play *Fiddler on the Roof*. Near right, is the decorative ceiling in the Palace of Versailles.



Oh the Places You Will Go

Design/Layout by: Amber Tyler

All work and no play make students grouchy and bored. Every year willing teachers decide that sometimes students just need a break from the same old textbook and classroom work.

"We like the Senior English Trip to be relaxing," said senior English teacher **John Raymond**, "but we still expect the students to act appropriately when we're out."

Every year for the past 20 years, the seniors have taken a trip to either Minneapolis, Iowa City, or Ames.

Raymond said, "We're gone from about 7 a.m.-8:30 p.m. Before the play, the students have time to eat their sack lunch at the park and we go across the street to the Walker Art Garden Gallery. The students are responsible for bringing their own lunch and money for dinner at Lake View. They can also bring snacks for the bus ride."

The English department isn't the only area offering trips. Some classes even travel out of the country.

French teacher **Amanda Eimers** said, "So far my French classes have only taken two trips in the past four years. We're averaging about one every other year. We've been to Quebec and last spring we went to France."

To lower costs, there's quite a bit of fundraising to be done and help needed from outside sources.

"In past years, to help out with the costs, Mid-American Energy and our Student Government have provided us with fundings," said Raymond.

"Our trips have cost up in the thousands so we've worked concession stands at baseball, basketball, and football games and that's where most of our money comes from. We also sold products from different catalogs," said Eimers.

But no matter what the expenses, there's always the experience, memories and fun.

"The thing that I remember the most from the trip to France, is how our plane was late from Des Moines to Chicago so we missed our flight to Paris," said junior **Erin Johnson**. "We ended up spending a day in D.C. instead and got to fly in first class from D.C. to Paris."



Above, seniors stop for dinner at a local restaurant. Last year's Senior English classes saw the play *Fiddler on the Roof*. Below, is the U.S. Capitol under construction.

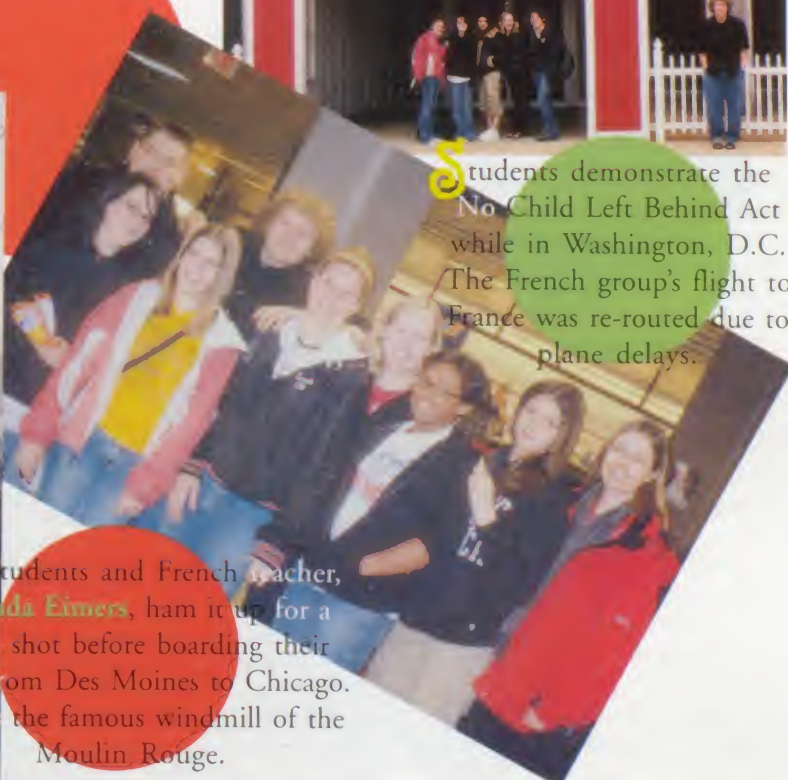


Academic Trips

Subject	Where	When
Government	Presidential Library	Spring Break
English 12	Guthrie Theater in Minneapolis	April 6
French	Quebec & France	Summer & Spring Break
Advanced Chemistry	Iowa State University	After Winter Break



Students demonstrate the No Child Left Behind Act while in Washington, D.C. The French group's flight to France was re-routed due to plane delays.



Right, students and French teacher, Amanda Eimers, ham it up for a quick shot before boarding their flight from Des Moines to Chicago. Left, is the famous windmill of the Moulin Rouge.

Academic Trips



Hard Words

osmosis

diffusion of water through a selectively permeable membrane.

prokaryote

single-celled microorganisms that lacks a nucleus.

cytokinesis

division of the cytoplasm during cell division.

eukaryote

organism whose cells contain nuclei.

A group of students, at right, work together on their labs to come up with a product. Wearing goggles, pulling hair back, and not wearing loose clothing are a few of the safety tips during labs.

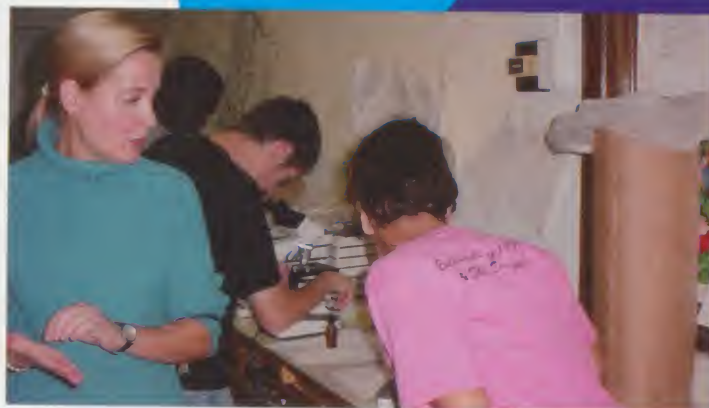


Looking through a microscope at some bacteria is senior Jeremy Miller. This is just one of the many hands on projects that are done in biology.





Biology and biotech teacher Kacia Cain, below, tells senior My Weatherall what to expect to see in the microscope. Combining solutions, at left, to see what the outcome may be is junior E Fessler-Boylan.



OPERATING ON LIFE

Story/Layout by Brittani Coleman

W

hich came first: the egg or the chicken? If a brown cow were found, would chocolate milk come out? Well, depending on beliefs, the answers may vary.

In biology, students can argue silly questions like those, but they also learn many real things ranging from plants, photosynthesis, and environments to human bodies, cells, and different species.

"Learning about how things work and are created is important for students," said junior **Allison Davies**.

No lockers, heavy books, heavy backpacks, a new building with new classrooms, confusion, and being lost couldn't stop biology and biotech classes from continuing at their normal pace this year.

Biology and biotech teacher **Kacia Cain** thinks that the move from the main building into the connector building was great and has gotten better.

"Now we have a bigger room with regular tables for when I give the students lectures and some lab tables for the students to perform and experiment with their labs," said Cain.

There's a lot that goes on in the biology and biotech classes: lectures, projects, notes, tests, quizzes, labs, and bookwork. Notes are given often to help students learn.

"I like to take notes," said sophomore **Chelsey Randolph**.

By Pieces

"They help me out for when a test is coming up and for the finals."

One of the projects that is done is the planting of corn. The students are split up into groups of about six.

They have to plant two seeds of corn, one with the bacillus thuringiensis (Bt) gene and one without. The students have to get information about Bt and make it into a power point. The group with the best power point gets to compete with other schools at Pioneer.

"I looked forward to doing that project because I thought that it helped me in learning about genes and heredity," said sophomore **Addison Speck**.

Biology students learn how hereditary diseases are passed throughout families in the heredity chapters. They also have a family tree drawn out for them and they get to color in the family members that get the disease.

Another activity that biology and chemistry teacher **Annette Bierkamp** does is sample students' blood so that they can find out their blood type. A blood type can either be A, B, AB, O and the Rh factor can either be negative or positive.

"I'm a medical technologist, so it's legal for me to find out blood types," said Bierkamp, "and Mercy Hospital donated the supplies to EHS."

Biology



Zoology students got away from the everyday tasks at school and enjoy themselves while visiting the Henry Doorley Zoo. They went to Omaha for a school field trip.

Rosie the Rose-haired Tarantula relaxes after her meal. She is one of the many animals found in Frommelt's room.



STUDY IN THE THINGS

Story/ layout by Christian Smith

Afoul stench fills the air. Students gasp with disgusted expressions on their faces. Some say "eww!" and "gross!" The zoology students were dissecting a shark and the stinky smell was actually a defense mechanism in the shark where a smelly, oily substance leaks out.

This was one of the activities students in zoology class had the chance to experience.

Zoology is the study of animals. In this class, students went to the Henry Doorley Zoo (Omaha Zoo), studied and dissected animals.

Keri Frommelt was the zoology and botany teacher. Her student teacher was **Nancy Duncan**. Both thought it was a valuable lesson for the zoology students to dissect sharks.

Duncan said, "I thought it was good for students to dissect the sharks. They found out that sharks have no bones, just cartilage. They also saw that sharks' organs are in the same place as human. Sharks have all the same organs except humans have lungs and sharks have gills."

Students agreed that it was a valuable lesson and that it stunk.

Zoology junior **Moni Say** said, "I didn't like dissecting the shark in zoology because it smelled so bad that it made my eyes burn. I don't want to dissect another one."

Around Us

Botany is the study of plants. In that class students went to the Butterfly Garden, grew plants, and also

did a plant collection.

Senior **Michael Brinson** said, "I thought it was fun going to the Butterfly Garden. I think botany was fun because you learn things that you would have never of known about the common plants."

Both zoology and botany are one semester classes. If students pass the class they get a half of a credit which goes as an electoral science class.

Senior **Ben Heaberlin** said, "I think both zoology and botany are interesting. I also think they're important because animals and plants are all around us. I like zoology because I like animals. I like botany because plants kind of amaze me by how they're evolved and how intricate some can be, even when they appear simple."

Some students loved the classes and will miss being in them next year.

Zoology and botany junior **David Dorsey** said, "It was amazing. I liked how we got to dissect the shark in zoology and seeing how it functioned. I cannot wait to do it again."



Sophomore **Leah Dank** finishes her lab for botany as she copies a drawing of a plant into her notebook.



The plants that botany students grew sit under a heat lamp to help them grow. Some plants died and others survived.



Behavioral Responses

What did you like most about these classes?

"I liked zoology because it was different from my other classes and it was very interesting to learn about all the different parts of animal life."



Senior
Carissa Hibben



Senior
Shenna Cunningham

"I liked how we got to go to the Henry Doorley Zoo in zoology and to the Butterfly Garden and Botanical Center in botany."



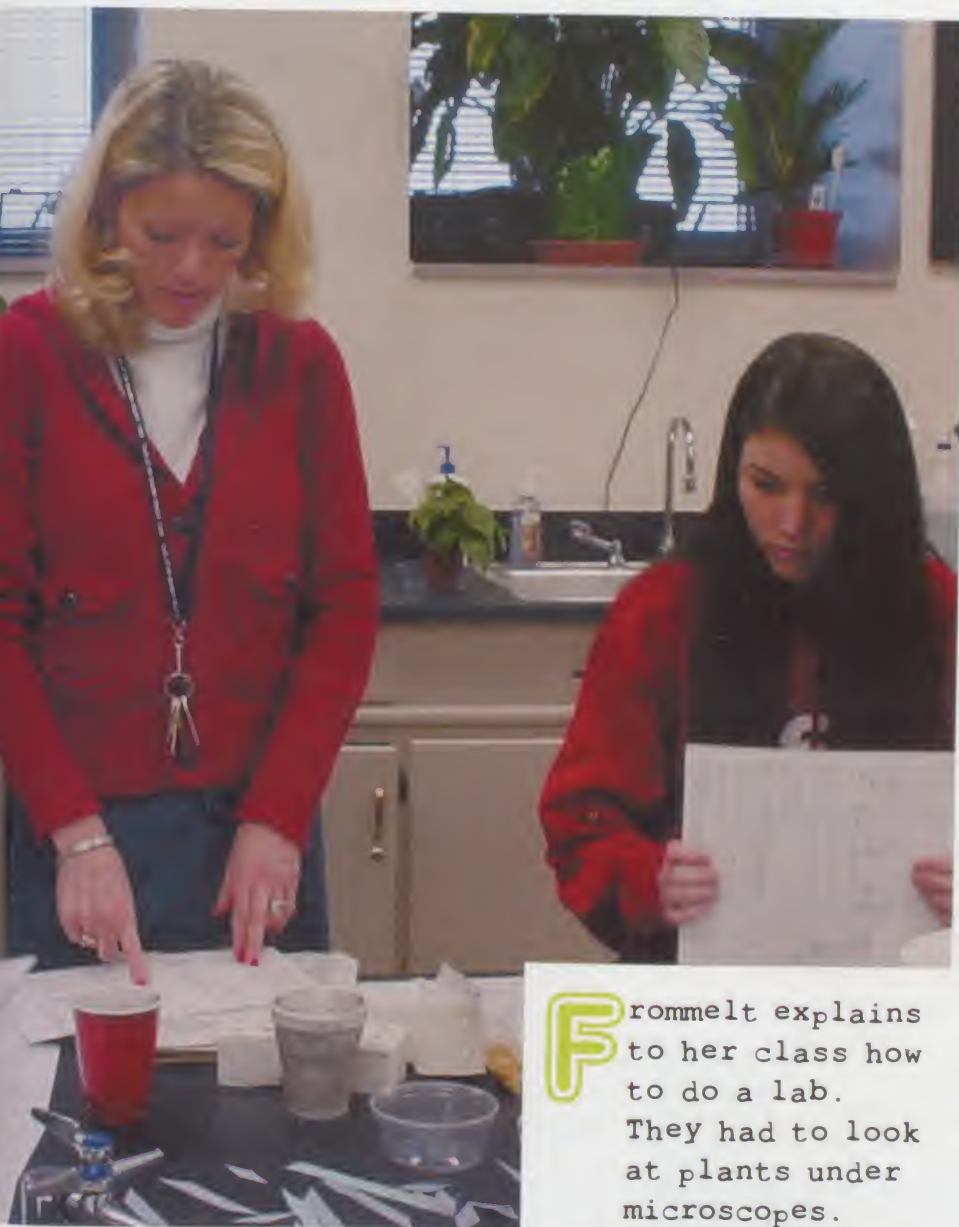
Senior
Allie Griffiths

"I liked botany because it's a really interesting class. I liked learning about the different species of plants."



Ashlee Petersen, a senior, records data from a plant in which she grew in botany class.

Frommelt explains to her class how to do a lab. They had to look at plants under microscopes.



TALK IN A CLOSER

Story/ Layout by: Nikki Mowery & Samantha Waters

Chemistry and Physics. The two have one thing in common: They are

Look

both AP classes, and that's about it. Junior **Eric Thavonekham** knows this from experience.

"I took chemistry as a sophomore so this year I decided to take physics. They are definitely two completely different classes," said Thavonekham.

A lot of students are glad that they waited to take physics as a junior or even a senior.

"I don't think I would understand as much as I do now if I took this [physics] last year," said senior **Todd Claiborne**. "The class isn't necessarily that hard. There is just a lot of thinking, hands-on labs, bookwork, and worksheets."

"If I would have took physics last year I probably would have dropped out during the first two weeks," said senior **Josh Mosqueda**. "I wanted to drop out this year, but I knew it would look really good on my transcript so I just stuck it out."

Physics is bad enough for many Scarlets but there are also the kids that have "chemist-phobia."

"When I saw chemistry on my schedule I was thinking, I'm probably going to fail this class, but then when I went in, it was a piece of cake," said junior **Carrie Hatfield**.

"Chemistry isn't just about chemistry, it's about learning to problem solve, and about life lessons," said chemistry teacher **Maureen Griffin**.

Throughout the year, chemistry classes did a lot of labs, but the most exciting lab was the Crime

Scene Investigation. The students were given known samples from the suspects and unknown samples from the crime scene. They got to analyze the crime and present it in front of a real judge.

"I couldn't wait until we did the lab, it sounded really exciting," said junior **Justin Dunham**.

There are nine general chemistry classes, and one advanced chemistry class. Griffin taught four chemistry classes including a block-scheduled class during 6th and 7th hour. She also teaches an advanced chemistry class during 6th and 7th on opposite days. Chemistry teacher **Annette Ryun** taught four chemistry classes during the day.

"I like to think that everyone enjoys chemistry as much as I do," said Griffin.

According to physics teacher **Ed Jennings**, the class isn't as hard as kids make it out to be.

"It just takes time to do the labs and you have to study to pass the class, but the requirements aren't any different from any other class," said Jennings.

Physics is essentially the inter-relationship of matter and energy. Topics such as motion, work, energy, sound, light, electricity, and magnetism are explored and explained during this course.

There are three physics classes at East, all of which Jennings teaches. This is his first year teaching physics.

"I personally like physics more the chemistry because you can see and relate to concepts better, whereas chemistry is working with tiny particles that you can't see," said Jennings.



Juniors **Mollie Hutton** and **Ashley Huggins** seek help from chemistry teacher **Maureen Griffin**.

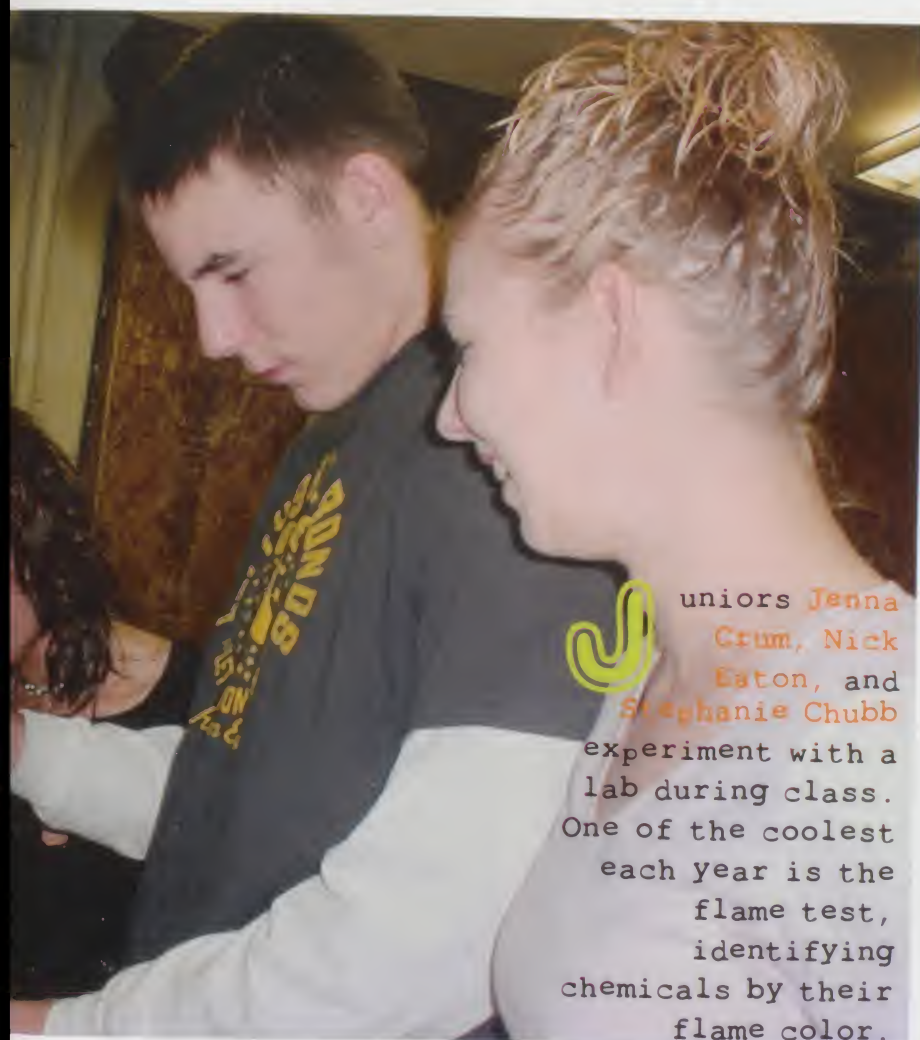


Chemistry & Physics

Below, students watch as their class does an object drop experiment. At left, junior **Royce Phillips** works with a Safety Lab.



Senior **Dana Piatt** leans outside a window while dropping a tennis ball down to the ground. This test was done to see the speed of objects for a physics class project.



Juniors **Jenna Crum**, **Nick Eaton**, and **Stephanie Chubb** experiment with a lab during class. One of the coolest each year is the flame test, identifying chemicals by their flame color.

Chemistry & Physics Jokes

Two hydrogen atoms bumped into each other recently.

One said: "Why do you look so sad?"

The other responded: "I lost an electron." Concerned, the first asked "Are you sure?"

The other replied, "I'm positive."

Q: Why do chemists call helium, curium and barium the medical elements?

A: Because if you can't helium or curium, you barium!

Q: What is the dullest element?

A: Bohrium



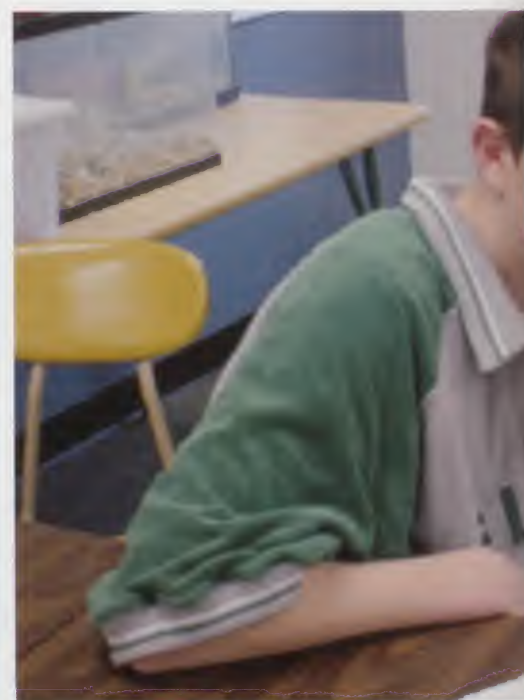
Weird Science

1. The largest meteorite crater in the world is in Winslow, Arizona. It is 4,150 feet across and 150 feet deep.
2. It takes approximately 12 hours for food to entirely digest.
3. No matter its size or thickness, no piece of paper can be folded in half more than 7 times.
4. Hydrofluoric acid will dissolve glass.
5. A duck's quack doesn't echo, and no one knows why.

www.hightechscience.org/funfacts.htm



Teacher John Rudisill shows a student where to find the answers to questions about latitude and longitude. This was one of the first things taught in earth science. Freshman Ryan Henry studies for a test that was taken later in class. The test was over the difference between rotation and revolution, center.



Earth Science

Sophomores **Joey Vang** and **Roberto Flores** give a report on environmental issues that affect the earth today, left. Students listen intently while taking notes as teacher **Andy Howard** lectures about the topic of the day.



OBSERVE THIS

T

s u n a m i s , earthquakes, and plate tectonics... the list could go on forever, however these are just some of the things students learn about in earth science.

Although most science classes do experiments to give the students a more hands-on approach many classes did one or two experiments during the first semester. Students observe, hypothesize, and react on every experiment done.

The difference between interactive science and earth science is that interactive science covers a wide spread of all the science classes and earth science covers the just the earth.

"First semester is learning the basics such as how the earth works and why things happen," said earth science teacher **Ed Jennings**.

John Rudisill's class did a few experiments which the students really enjoyed.

"We did an egg and vinegar experiment where the vinegar makes the shell come off and the egg starts to grow," said freshman **Casie Johnson**. "It was an interesting experiment."

Experiments weren't the only thing the

With
Hands On

Story/Layout by Beth Mayes

students liked about their class.

"I liked the cancer project we did," said freshman

Mattison Sellers. "I learned a lot and it made other people more aware."

A teacher's method can change the way a student might think about a class. Many of the earth science teachers use different approaches.

"I like Mr. Giboo's way of teaching," said freshman **Alex Heggen**. "He gives us the bookwork in class and we always get it done before class is over so we have time to do other things."

The most common approach is bookwork, movies, notes, and class discussions. Most of the material taught to the class is straight from the student's book.

When a student leaves the class they should be more aware of how the earth works and why things happen. These things will help students prepare for other science classes in the future.

"I got everything I need to know for biology from earth science," said junior **Grisel Barron**.

Earth Science



Really getting into her monologue, junior **Genesis Beltran** shows how terrified she is of her mother. Students chose monologues that had a lot of emotion to them.



IT'S A LONG STORY

Story/layout by Beth Mayes

MADE SHORT Once upon a time there was a high school, just like any other, with the same problems and stereotypical students. The only difference from this high school than any other is that there are only 18 students, and it's on the stage at East. This is the drama classes acting out "Just Another High School Play" performed November 18-19.

"We (the students) chose the play because we could relate to the characters in normal everyday life," said junior **Codey Haltom**, "we wanted something easy but fun."

School plays are just many of the things that drama classes do. There are three basic drama classes consisting of drama 1-4. Drama 1 covers just the basics of acting and drama 2-4 are more advanced.

Theater arts are for students who need one year of drama and a recommendation by teacher Ruth Anne Gaines.

Gaines has been recognized for her years of dedication to teaching drama.

There also are mimes, which branches off of theater arts, where students act out scenes without talking. Sadly there aren't any mimes this year.

"I'm a little bummed that there's no mimes this year but I'm still in drama," said junior

Mallory Murphy, "I can act as stupid as I want in there and no one would know because we're suppose to be acting."

Theater art classes perform in the annual school plays and watch movies to critique the actors on what they do wrong. Before plays and skits students do various exercises working on articulation, pronunciation, and enunciation to help students warm up.

Drama is taken for many reasons. It can be considered a speech credit to graduate or it can be taken to express oneself in a way they can't normally express during the school day.

"I take drama because it gives me a way to express myself, other than the way I normally do," said junior **Genesis Beltran**, "I can be something I'm not."

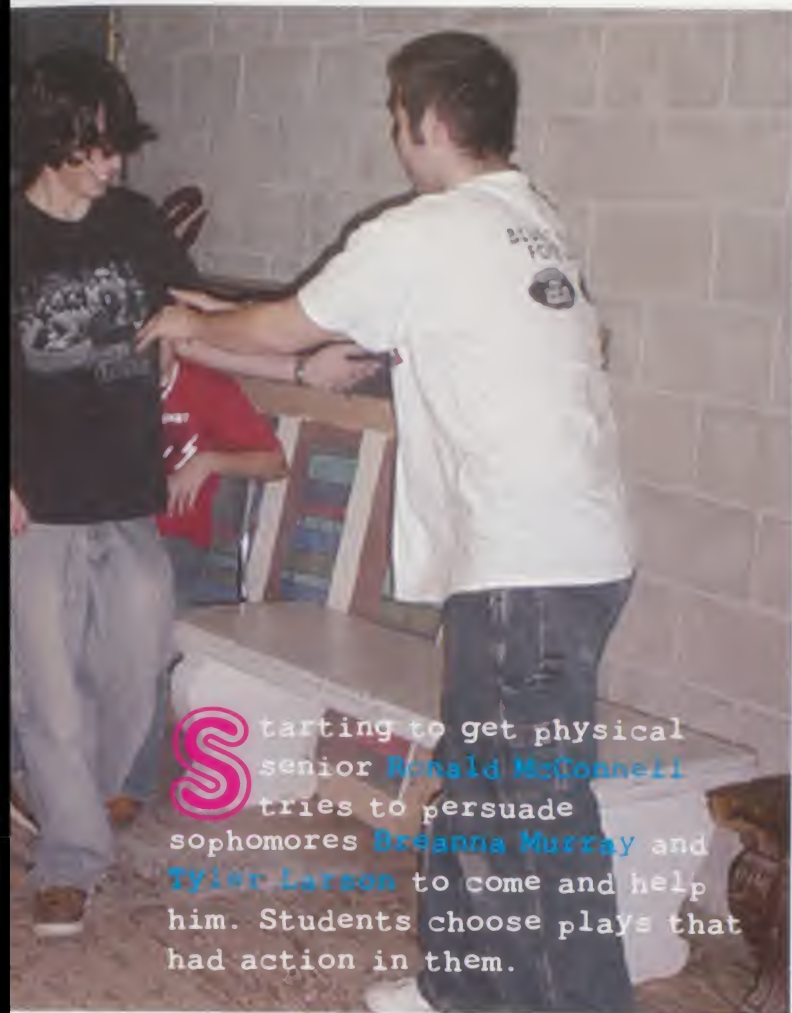
"I took drama for a credit but as it turns out, I actually liked the class," said junior **Jennifer Jones**.

Students find that drama classes in high school pay off. These classes help students communicate better and be more out going.. They also help with career choices in the future.

"Drama has helped me learn how to communicate with people I really don't know or talk to," said Murphy.



Drama



Starting to get physical senior **Ronald McConnell** tries to persuade sophomores **Breanna Murray** and **Tyler Larson** to come and help him. Students choose plays that had action in them.



Looking as if she were cutting herself, senior **Kelsey Brooks** demonstrates the life of a troubled teen during her monologue.



Who Said What

1. "Romeo, oh Romeo, where for art thou
"Romeo. Deny thy father and refuse thy
name."
2. "I counted myself so plain, so poorly
made, no honest love could come to me!
Suspicion kissed you when I did; I never
know how I should say my love. It were a
cold house I kept!"

1. Juliet in *Romeo and Juliet* 2. Elizabeth in *The Crucible*

Getting down and dirty while cleaning, junior **Janelle Madrid** and sophomore **Jasmine Tyler** act out a scene for a group play. Students picked a scene from a play they liked and acted it out for the class.

Drama



Right, the IHSSA Ensemble team practices a scene from Thornton Wilders' "The Skin of Our Teeth". In this scene the character Henry Antrebus attempts to strangle a man in a fit of rage because he was fed up with his life.

Senior **Kelsey Brooks** attempts to comfort junior **Codey Haltom** as he falls asleep. Haltom's character, Henry Antrebus, had just returned from war and Brooks' character, Mrs. Antrebus, stood by his bed.



IT TAKES ALL TYPES

Story/layout by: Adam Crane

Everyone has heard of debate, but how many people know what it really is? Many people assume that it's just arguing, but to compete you must be well versed in many subjects.

"There are many areas of competition in debate from reading prose and poetry to Lincoln Douglas debating," said Coach **Jennifer Medina**.

The reading of prose (literature that is not poetry) and poetry is read in front of judges and each poem or short story is based around a specific theme.

"I enjoy reading poems and stories because I get to add emotion to the stories rather than just reading them aloud," said junior **Ashley Baccam**.

Similar to the reading of prose and poetry is the Ensemble and improv competition that is part of the Iowa High School Speech Association (IHSSA). The Ensemble competition is five of people acting out a story or play. This year the teams' ensemble will be going to state for their performance of Thornton Wilders "The Skin of Our Teeth", a satirical play that takes a humorous look at the history of man kind. Improv is a

To Win

skit acted out by three people.

Another area of competition is Lincoln

Douglas debate, or LD, and is based upon the historic debate between Abraham Lincoln and Stephen Douglas over the issue of slavery. The debate is over a predetermined topic that two debaters each try to support their side of the issue in a speech and the winner is determined by who the judges feel best supported their side of the issue. One of this year's topics was the separation of church and state.

"To me Lincoln Douglas is a higher level of arguing because it is very detailed and you get to argue one on one with someone," said junior **Ben Borts**.

Whether it's improv, ensemble, poetry, prose, or Lincoln Douglas East's debaters must tackle a wide variety of subjects to compete.



Debate

Top of Their Game

Ashley Baccam... Letter winner, 2 Medals, Heelan Invite Humorous Interpretation 1st & Literary Program 3rd

Genesis Beltran... Letter winner, 1 Medal, IHSSA Plaque

Ben Borts... Letter winner

Kelsey Brooks... Letter winner

Randy Chanthavong... Letter winner

Emma Diver... Letter, winner, Spencer Invit. Debate LD 2nd, Polar Bear Open Novice LD 3rd, Kanellis Overnighter Semi-finalist

"Scotty" Locke... Letter winner

Marc Whalen... Letter winner

John Whiteman... Letter winner



Above, senior Kelsey Brooks reads her Oral Interpretation "Cut". Left, IHSSA team members practice their group improv. The team was given a random situation and had to act out a skit.

Debate



Funny Bone

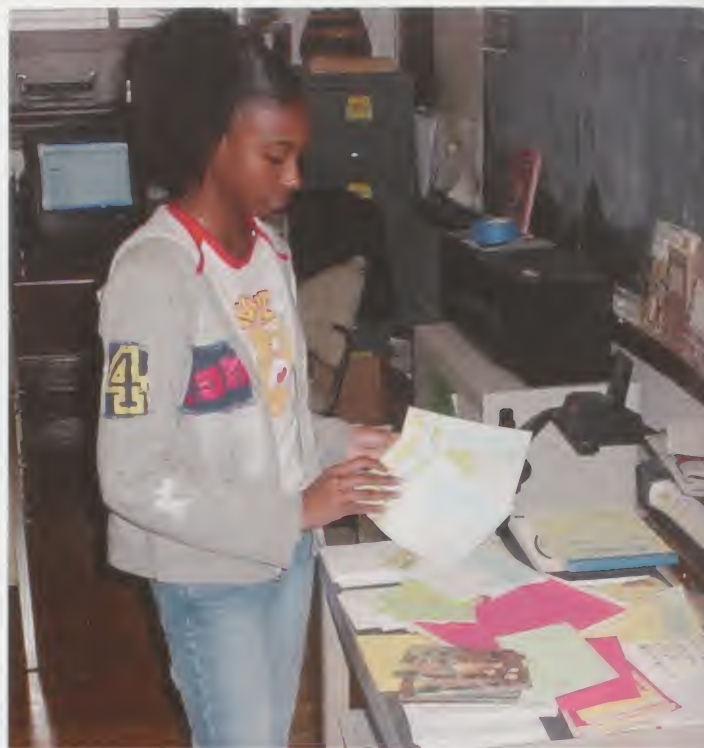
Teacher: This essay on your dog is, word for word, the same as your brothers'.

Student: Yes, sir, it's the same dog.

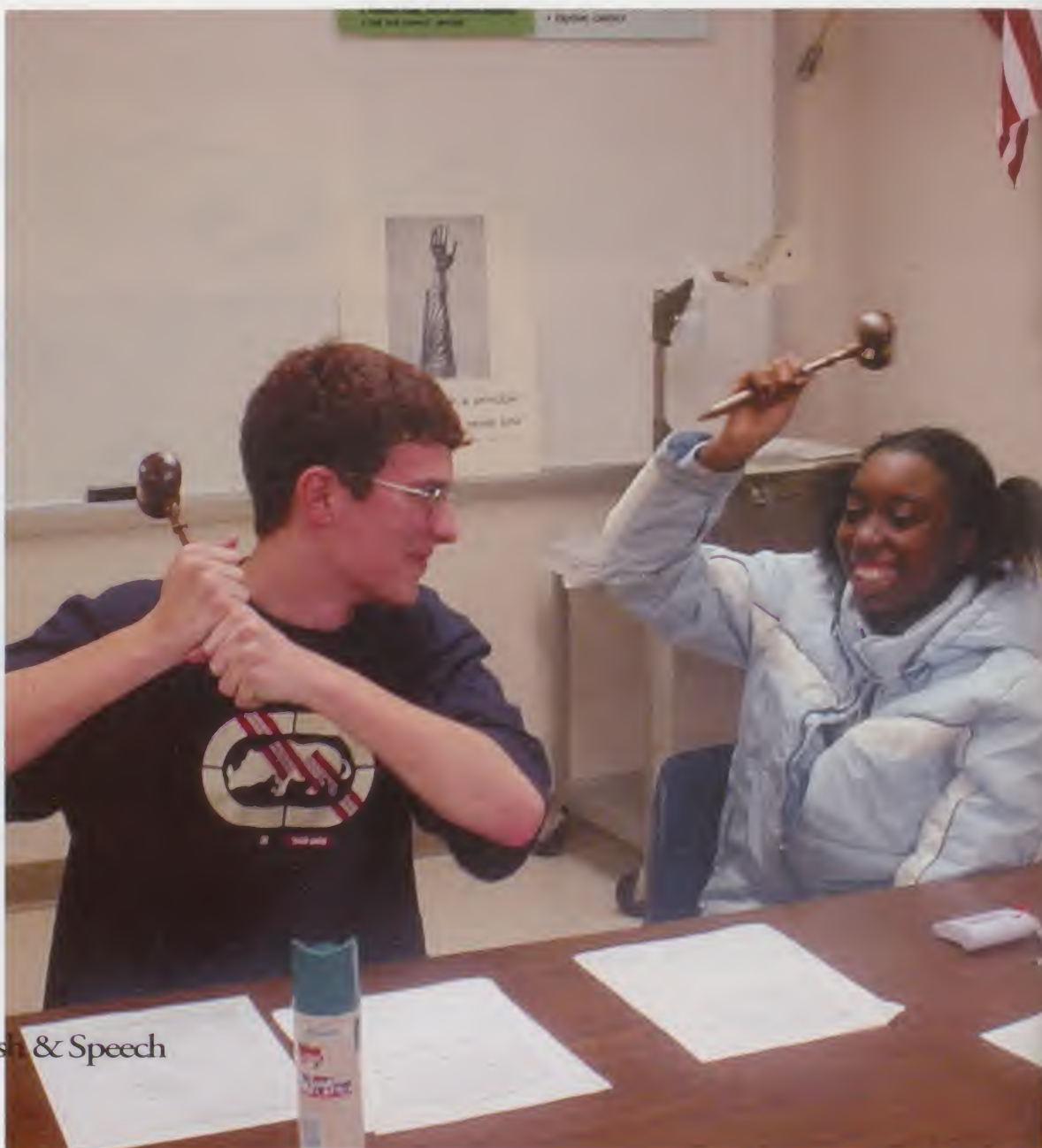
Teacher: Can someone give me a sentence using the word archaic init?

Student: We can 't have archaic and eat it too.

Working on her English project, at right, junior Sharisheka Lamay concentrates hard to do a good job. This was Steggerda's first year teaching speech and is something she enjoys.



Debating with mallets in Jennifer Medina's speech class, sophomore Joseph Rivas and freshman Jessica Avant get physical. When it came to students' speeches, Medina made her students laugh and play games to help them relax before presentations.





Giving his speech in one of Jennifer Medina's speech classes, below, is sophomore Eugene Beakler. At left, juniors Tomeeka Walton and Rachel Young work on a project in English class.



NOW YOU'RE SPEAKING

Story/Layout by Brittani Coleman

A linguistics professor was lecturing to his class one day. "In English," he said, "a double negative forms a positive. In some languages, such as Russian, a double negative is still a negative. However, there is no language where in a double positive can form a negative."

A voice from the back of the room piped up, "Yeah, right."

In English class, there are books to be read, journals to be written in, essays to be written, plays to be acted out... and often some humor, like that joke, shows up.

"Sometimes silent reading and writing in journals can be a pain, but other times that's all you want to do," said junior **Codey Haltom**.

"I think that reading for ten minutes and writing in my journal is a good idea because most students don't read books outside of school," said senior **Amanda Morlan**. "I like writing in my journal because it helps get the stress out."

Advanced English is offered to juniors who want a challenge in reading and writing. This course is considered a college prep class but isn't weighted.

"The class is moderately challenging," said junior **Danielle Cannon**. "It's a fun class but there's a lot of work."

If speaking seems to be a problem for a student, they suffer from "glossophobia," the fear of speaking publicly. Many

My Language

students suffer from this phobia. One semester of speech is required to graduate. If a student does not want to take speech directly then they can take forensics, which is a

mixture of speech, drama, and debate, or just drama.

"I had to take the course because it's required," said sophomore **Hoang Nguyen**. "At first it was a problem for me, but I got used to it after so much speaking."

"For a student to overcome the fear of speaking they need to change their perception of three things," said speech teacher **Jennifer Medina**. "First change the way you give a speech, your audience, and your ability as a speaker."

Most students either like English or they don't, but teachers do what they can to keep students in literature classes during high school, when they need it the most. One tradition is to hand out pieces of cake during Shakespeare's birthday if a student can recite two lines from any Shakespeare play.

Some of the plays that are read at EHS are *Romeo and Juliet* by William Shakespeare, *The Crucible* by Arthur Miller, and *Hamlet* by William Shakespeare. The students also get to watch those movies after reading the plays.

"I really looked forward to doing *Romeo and Juliet* this year," said freshman **Glen Welch**. "I was told that it was a lot of fun in the past."

English & Speech



PARDON MY

Hola! Los colores, números, alimentos y lugares, son justos algunas de las muchas muchas cosas que usted aprenderá en español."

"Oh, me excusa"... colors, numbers, foods and places, are just some of the things you would learn if you took Spanish.

It's not just uno, dos, tres; it's much more than that. It's a language many countries use to communicate with.

"I didn't really want to take Spanish this year but I thought it would be good for college applications and it would be a good experience," said freshman **Alex Heggen**.

There are three Spanish teachers and five different levels of Spanish... 1, 2, 3, 4, and 5.

Some of the Spanish students took a trip to Spain over spring break.

"The Spain trip was awesome, we had a blast,"

Spanish

Story/Layout by Alyssa Heggen

said Spanish teacher **Linnea Morris**.

The Spanish classes also took a trip to a Mexican restaurant last fall, where

they got a taste of the Mexican culture.

"Spanish was hard at first but it's becoming easier as the year goes on," said Heggen.

Some students think that Spanish is a hard language to learn but Morris and other teachers say it's not.

"I have Ms. Morris. She's a good teacher, I learn what I'm suppose to in that class, and I like how she teaches," said sophomore **Shane Kellow**.

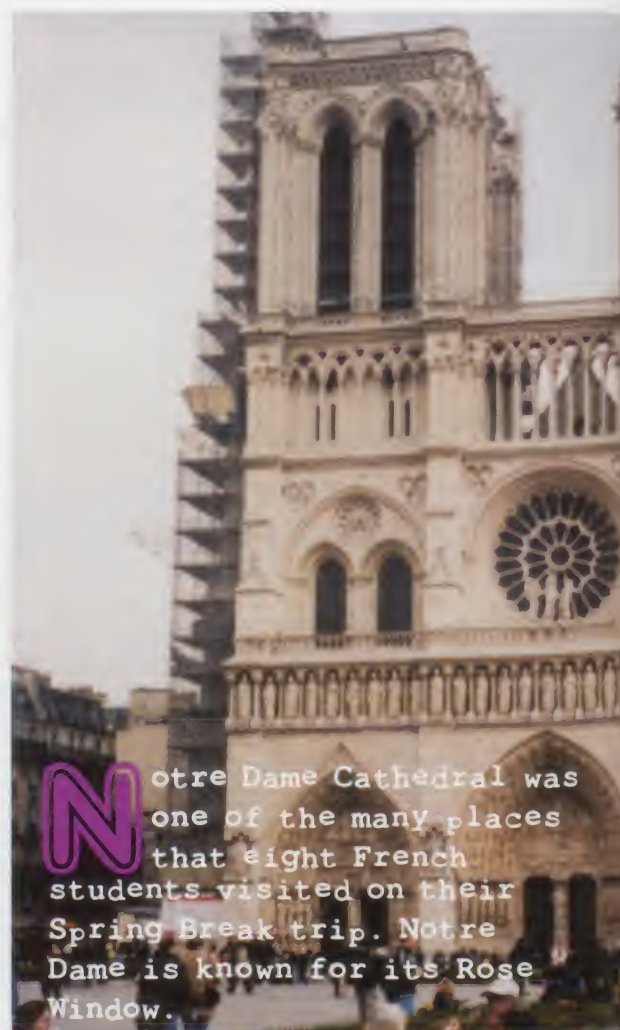
Junior **Todd Appleby** said, "Ms. Koenig is fun and I have the joy of learning a new language, she makes it fun, so it's easy to learn Spanish."



Above, Spanish Club members chat during a meeting. Most meetings were held on Thursdays. Right, teacher **Amanda Eimers** explains the rules of a review game the day before a test. Eimers has been teaching for four years.



Foreign Language



Notre Dame Cathedral was one of the many places that eight French students visited on their Spring Break trip. Notre Dame is known for its Rose Window.



Left, Spanish Club members talk and have a good time during a club meeting & "Fiesta." Below, French III students have fun playing review games to help with vocabulary. This year French III and IV were in a combined class.



Silly Foreign Phrases



Spanish

I have a cat in my pants

Tengo un gato en mis pantalones

French

J'ai un chat en ma pantalon

I like to eat pineapple

J'aime manger une ananas

J'aime manger un ananas

Your armpit stinks

Tu as une odeur de aisselle

Ton aisselle pue

Did you fart

Le cache-tu un petit

Tu as péti

EXCUSE MY

66

B

onjour!
Comment Ça Va? Tres
Bien."

Confused? Well, that is how most of the first year French students feel, too.

This year French teacher **Amanda Eimers** taught three classes of French I, two classes of French II, and a combined French III, IV class.

"If you were to add up all the students in II, III, and IV the French I students would still out number them," said Eimers.

There were about 70-75 students signed up for French I this year. In past years, Eimers taught two classes of French I. But with such a big turnout this year, there were three classes, and now French III and

French

Story/Layout by Nickie Freel

IV are combined.

"As a senior, I'm planning on taking a trip to France and I want to be able to understand what is going on around me," said freshman **Brianna Usovsky**.

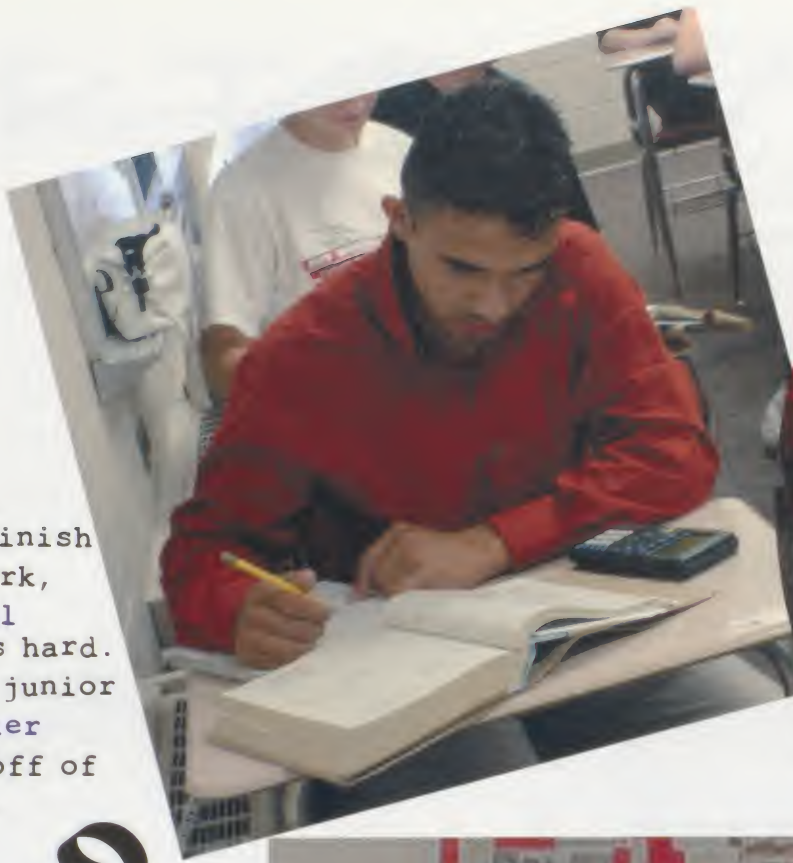
"It is really difficult to teach III and IV together. It is like teaching English 10 and 11 in the same class," said Eimers.

Last spring break, eight students went on a ten-day trip to France. After arriving a day late due to plane delays, they stayed with host families in Tours for four days, then met back up and visited Paris for the last three days.

"France was so awesome! I can't wait to see where we go next year," said junior **Erin Johnson**.



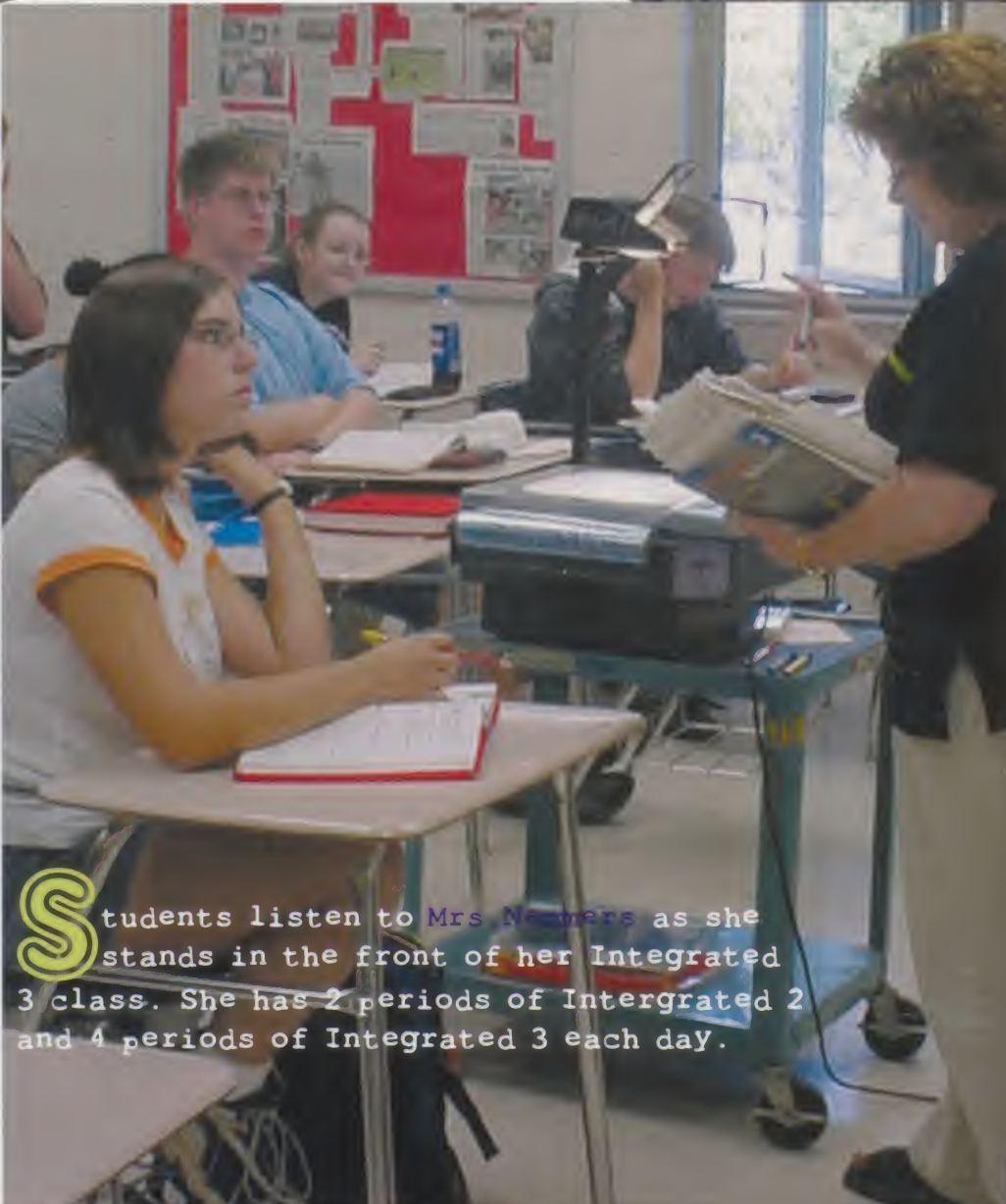
Trying to finish his homework, senior Saul Ceballos works hard. At far right, junior Lacey Leichliter copies notes off of the over head.



Pop Quiz

Answers: 1. 219 students 2. Two periods 3. Five teachers

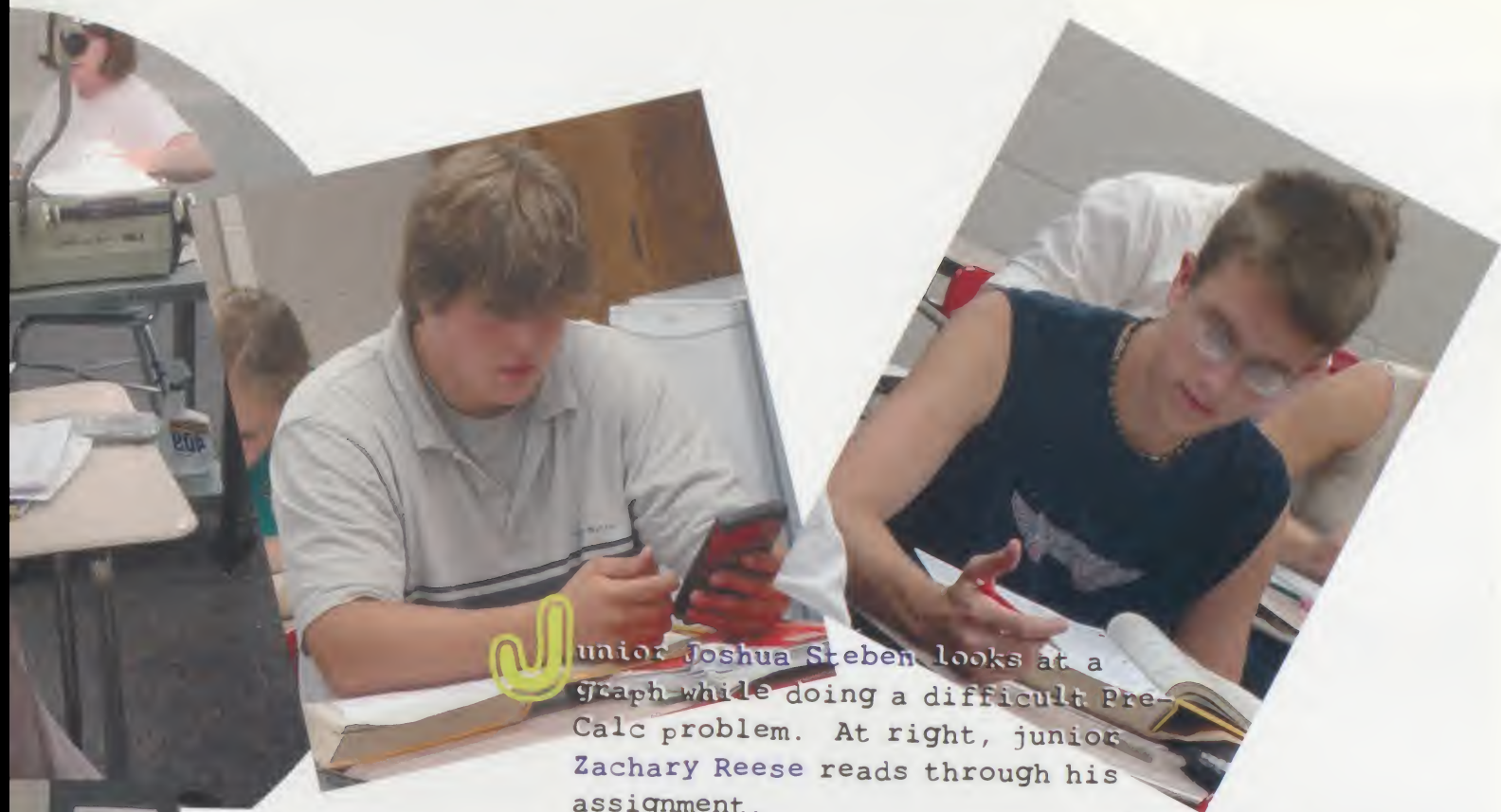
1. How many students are in Integrated 3 this year?
2. This year, how many class periods of calculus are there?
3. There are how many math teachers in the Walker Building?



Students listen to Mrs. Neffers as she stands in the front of her Integrated 3 class. She has 2 periods of Integrated 2 and 4 periods of Integrated 3 each day.



Math



Junior Joshua Steben looks at a graph while doing a difficult Pre-Calc problem. At right, junior Zachary Reese reads through his assignment.

EVENTUALLY IT ALL

F

un and games in math class are now even better. Students were welcomed back this year to fresh paint, new carpet, and sparkling desks.

The math department moved into their brand new rooms in the north wing and are there to stay.

"We are here permanently," said math teacher **Linda Nemmers**. "Moving was too much of a pain."

The new rooms are now located on the first floor. There are many advantages to this location. For example, there are less distractions such as lockers slamming, noises outside, or construction interrupting classes.

Junior **Amanda Zust** said, "I always ended up getting distracted and ended up off task. Now I can keep my attention directed to where it needs to be."

The new rooms were updated to be adequate for growing technology. The chalkboards have all been replaced with dry erase boards, the rooms can now keep up with computers, and

Adds up

Story/Layout

by Meredith Breton

the atmosphere is much brighter.

Sophomore **Nikki Robbins**

said, "The new rooms just have an all around better mood and the technology will help the classes a lot."

No one seems to be complaining. Everyone seems to enjoy the new atmosphere. It is easier to concentrate and the teachers find it easier to keep students' attention.

"There are definitely a lot less distractions down here," said Nemmers. "There aren't any unwanted noises."

"My class just seems to be more attentive," said Zust.

The rooms seem great to students, too.

Junior **Colin Coulter** said, "These rooms are pretty cool. They are more spacious and we're not so cramped, I like that."

The new rooms seem to be useful in a variety of ways and they are definitely going to bring new life to the math department.

"Things just seem to be getting better and better," said Robbins.

Math



THE VOICES BEHIND THE CAMERA

TAKING
PICTURES IS
FUN AND I ENJOY
IT SOMETIMES
I FEEL LIKE
PEOPLE ONLY
KNOW ME WHEN
I'M BEHIND THE
CAMERA

HEATHER MUNSON
SENIOR

"THIS WAS MY
FIRST YEAR
TAKING
PHOTOGRAPHY.
IT WAS A LOT OF
FUN"

JOSH DUNHAM
SENIOR

I ENJOY TAKING
PICTURES IT
LETS ME SEE THE
WORLD FROM A
DIFFERENT
PERSPECTIVE

KASADEE PETERSON
SENIOR



B rushing up on camera techniques, seniors Marty Mohler and Christine Bolden get tips from photography teacher Marty Mohler, Sr. The classes received new digital cameras this



Preparing for a test over the parts of the camera, students work in groups to remember all the key facts. Students must pass a test, which consists of knowing all the parts of the camera before they can shoot.



Learning how to pose, senior Christine Bolden and junior Kasadee Sellers listen carefully to teacher Marty Mohler, Sr. The class received a new photography studio.



Photography

ANDREW
STRAHL



HEATHER
MUNYON



ASHLEE
RANKIN



JOSH
DUNHAM

THROUGH THE EYES

Story/Layout by: Katelin Eaton

New cameras, new computers, a new photography studio, and a new dark room: could this really be happening? That's what

photography teacher **Marty Mohler** asked himself when he got word last year that he would be receiving all this new equipment.

"All this new equipment is great! The students were really impressed by all the new equipment when they arrived last fall for the start of the year," said Mohler.

The classes received new Canon EOS digital cameras that have the luxury of auto focus and zoom lens. They also received new color filters.

"The new cameras make it a lot easier to shoot," said senior **Ashlee Rankin**. "The new color filters that we got allowed us to be creative with our pictures. The pictures turn out really well, I found myself taking tons of pictures with the same filter."

Another new part of the class was its photography studio. In the studio there are new studio lights, strobe lights and backdrops. The lights and backdrops are usually only found in a professional photography studio but now can be found in the studio right here at East.

"When we were first allowed into the studio, I was shocked at how professional it looked. It made me feel more professional when I was shooting," said senior **Andrew Strahl**.

A new darkroom was also a part of the new plans for the photography classes.

"The darkroom should be ready by next semester. We will be receiving new counter tops, new cabinets, and new processing sinks, so we will be

able to develop our own film, which should make things much easier," said Mohler.

Twenty-six new Dell computers loaded with Adobe PhotoShop 7.0 software as well as Corel Draw 12.0 software were given to the class.

Throughout the semester the students are to complete a portfolio. Each picture is to have a design behind it, and also have some sort of outline. With the new computers and the new updated software the students are able to do all their work in one sitting.

"The computers we had last year were slow, and it seemed like it took forever to get from one program to the next. Now with the new computers and software we don't have to exit out one program to get into the next. It makes it a lot simpler for us," said junior **Ashley Logan**.

The last item they received was a Laser color printer. The printer allows students to print off all their colorful pictures that have already been matted.

"I think this is the first year since I've been in this class that I haven't heard anyone complain about how long the printer takes, or when their picture is going to come out," said senior **Jessica Beavers**.

"I feel very fortunate to have received all this equipment, it makes teaching photography much easier now that we have more up-to-date equipment," said Mohler.

Photography



R

ight, Frederick Vanderley chops the fruit for a tasting lab. Below, the fruit is displayed before it was tasted.



GIVE YOU A PIECE OF

L

earning about human behavior and people's social relationship in psychology is junior Whitney Link. She is one of the many students to take psychology. There's also sociology that can be taken along with psychology, which both are offered here at EHS.

Sociology and Psychology are both semester long classes, which is half a credit when passed. They can both be taken right after one another, sociology is taken during first semester and psychology is taken in second semester. Or students can just take one of them. These two classes are offered during fifth, sixth, and seventh periods. In these classes students can learn about themselves, other people, behaviors, and the many societies around them.

"I think it's easier and better for the students to be able to take both of the classes in one school year," said sociology and psychology teacher Frederick Vanderley.

"I took psychology so that after high school and college so that I can be a psychologist," said junior Carrie Hatfield.

Sociology is a class designed to provide students with a basic understanding of the society in which they live in. They do this by analyzing and evaluating the function of major social

My Mind

Story/ Layout by Brittani Coleman

institutions, the effects of social change, and the origin and impact of prejudice, discrimination, stereotyping, and social stratification. This class helps students

develop a broad understanding of culture and the ability to think objectively as they seek solutions to current social problems.

"Sociology is a class that helps me understand my surroundings," said junior Randy Chanthavong. "I took it because sounded fun and interesting, and it was."

In Psychology students get a basic understanding of human behavior and social relationships. The purpose is to create an awareness of the uniqueness of an individual, and help students identify personal needs, values, and goods to assist them as they make career choices and family decisions. Psychology also provides students with an understanding the learning and an appreciation of psychology as a field of knowledge based on scientific methods of research.

"I took psychology so that I can become a psychologist after I'm done with college," said Link. "It was a fun class and I'm happy that I decided to take it."

"Psychology is easy, fun, and we take a lot of notes," said junior Connie Chang. "In psychology we learn about our inner selves."



Psychology & Sociology



Right, junior Christine McVey finishes up her unit test. Psychology students had a quiz every Wednesday.



Above, psychology students watch a movie about sleeping. Left, students take notes during a lecture on peoples emotions.



Rushing to finish, sophomore **Patrick Kerr** works on his feudalism poster. The World History class made the posters as part of their studies of the Middle Ages.

What's Important To You?

The Question Is: What do you feel has been the most important historical event that has occurred in your lifetime?

"I think it has been the 2000 election because we're stuck with that numbskull George Bush."

...Junior **Sara Kain**

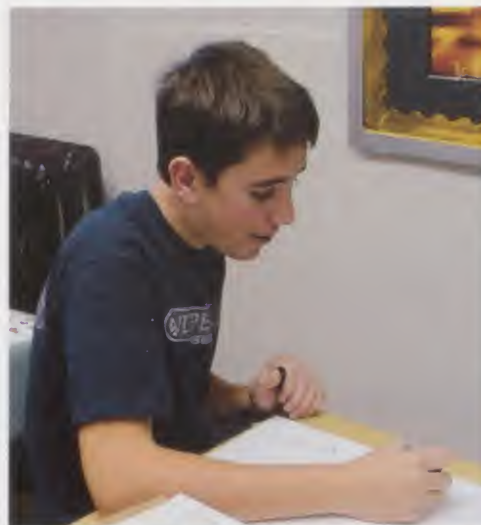
"I would have to say it was Barry Bonds hitting his 300th homerun."

...Junior **Ryan Slinger**

"The most important thing that has happened in my life has to be 9/11."

...Junior **Blake Weiland**

Student teacher **Adam Israel** goes over voter demographics with an American history class. They spent a large part of many periods talking about the presidential election.



World History teacher **Christina Merten** explains the principles of feudalism to a student. Another class unit covered the French Revolution.



History

MAKING HISTORY

T

hose who forget the past are doomed to repeat it," said American philosopher and poet George Santayana. These words are as true today as the day they

Now

were written over 50 years ago. Many students don't take history classes seriously even though they are required for graduation.

A large number of students don't like history classes because they feel history has no effect on them.

"I can see how certain parts of history can be important but at the same time many of the things we learn don't seem to have any purpose," said junior **Blake Weiland**.

Teachers, on the other hand, believe it has everything to do with their day-to-day lives.

"Students don't believe history is important in their lives but everything they do is based upon the past. The very fact that they come to school is based upon laws and standards that were set in the past," said American history teacher **Stan Thompson**.

Some students may not believe history is important but others see that they can learn a lot from the past.

"I think it is very important that we learn from our mistakes. I learned at a very young age that batteries are not intended to go up your nose," said junior **Sara Kain**.

"I have a tendency to put things off until

the last minute and I've started to do assignments when I get them, but I still slack off every once in a while," said Weiland.

Even though some people might not

realize it, this year's events, primarily the presidential election, are of great historical importance and will determine many future events.

"Election years are always extremely important with lots of things going on. Usually I am able to get guest speaker related to the election but having the building so torn apart it makes it too confusing to get people in to speak," said Thompson.

Many students feel the same way.

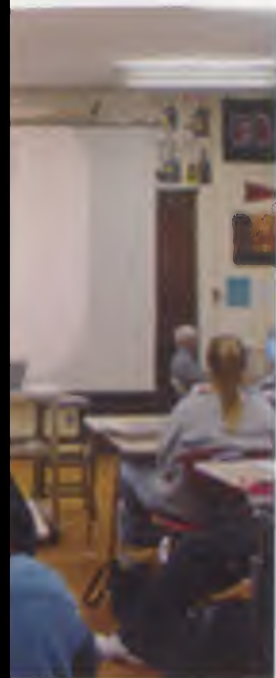
"It's really interesting to see elections because they have so much impact on the future of our country. I think this year's election will lower voters' confidence in their vote being relevant," said Kain.

Other students however feel differently about election years.

"Elections are important but I don't think they're as big a deal as they make them out to be on TV," said Weiland.

Some students see a definite importance of history while others have a definite apathy towards history. Whatever the outlook on history it definitely has consequences in our lives whether it's learning from past errors or deciding who will be president.

Frantically, an American History class takes notes from the overhead projector. Over the course of the year many students filled entire notebooks in Mr. Thompson's mandatory class.



EAST

MOCK ELECTION

PRESIDENT

Bush: 27%

Kerry: 66%

Nader: 7%

SENATE

Small: 39%

Grassley: 61%

HOUSE OF REPRESENTATIVES

Boswell: 64%

Thompson: 36%

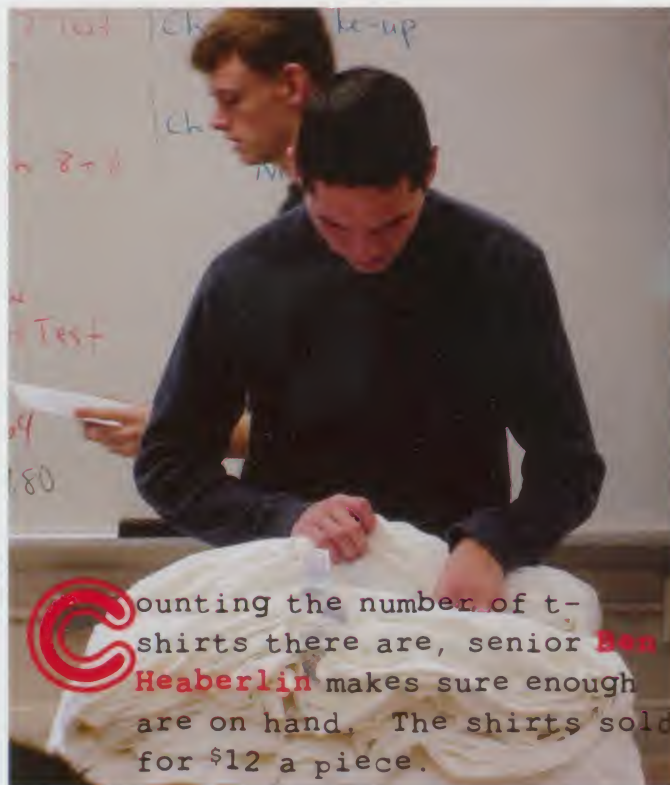
MERGER

Yes: 13%

No: 87%



Students from **Samy El-Baroudi's** Economics class talk about where they are at on their sales and how many t-shirts they have sold.

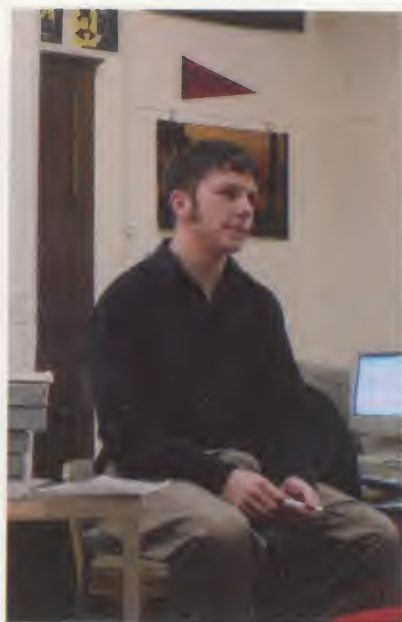


Counting the number of t-shirts there are, senior **Ben Heaberlin** makes sure enough are on hand. The shirts sold for \$12 a piece.



Government teacher **Stan Thompson** sorts through his papers to find his daily lesson plan.





Economics teacher **Samy El-Baroudi** shows a student how to figure out how much money he would make if he bought a stock.

Teaching **Stan Thompson's** government class, student teacher **Adam Israel** speaks of laws.

LEARN HOW THE WORLD

A Works

Story/Layout By Greg Zubulake

As seniors get closer and closer to graduation, they realize that there are two things that stand between them and the Vets: Government and Economics.

"Knowing that we have only a couple more classes to pass before we graduate is very soothing," said senior **Amy Page**.

There are two parts to Economics, regular Economics and Micro-Macro Economics.

Micro-Macro Economics consists of supply and demand, how the tax system works, government, and things of that nature. Regular Economics on the other hand is a look into the business world.

The unique thing about Micro-Macro Economics is that students own their own company to sell products to the school and community and get paid to do this.

"Some get paid an employee wage or a salary depending on whether the student is a president or a manager. They can get paid in commission, which usually runs about 10% of what they sell or can buy a stock," said teacher **Samy El-Baroudi**.

Students sell things such as the Eastsider sweatshirt, beanies, key chains, and t-shirts.

"The products we sell involve the school or the eastside community," said junior **Danny West**.

Government consists of politics, issues that relate to our students, topics that involve the Constitution,

and it gives students information on how the court system works.

"There are a lot of things that students learn in Government. Even though it is a lot of work it is good class to take," said

government teacher **Don Hesse**.

Students also have the choice of taking AP Government.

"AP is more in depth with the government. It gives students more knowledge on how everything works," said Hesse.

During the presidential election the government classes kept a close watch on the race.

"The students were constantly updated on how the race was going and the debates that took place," said Hesse.

East conducted a mock election on November 2, the day of election and students voted on whom they wanted to win the presidential election.

Students voted 27 % Bush, 66 % Kerry, and 7% Nader.

"I liked the idea of having a mock election because we were able to see people our age vote on who they wanted to win," said senior **Ashley Rankin**.

"Government and Economics are just more humps on the road to graduation and once you get over the hump it is a great feeling," said senior **Toby Zimmerman**.





Gearin' Up

Towards the End

Story/Layout by Vivian de la Cruz

Imagine receiving over \$15,000 towards college tuition without asking for it. Imagine having advisers more than willing to lend a helping hand every step of the way throughout high school and not asking for anything in return. A program, in which things such as free vacations are given, college visits are paid for and the hefty fee of the ACT is waived. Chances of this happening are very odd indeed, but for the Amos Hiatt graduating class of 2005, this has become a reality with GEAR UP (Gaining Early Awareness and Readiness for Undergraduate Programs).

"It's like a once in a lifetime opportunity that have been given to me," said senior **Patrick Sugget**. "If someone would have presented this program to me, I would have been like, 'So, what's the catch?'"

There was no catch at all. The only requirement was to be in the Hiatt graduating class of 2005. President Bill Clinton and the US Department of Education started GEAR UP. This program was started to guide families through their student's education process making sure that the students were a step closer to getting where they wanted to be.

"I've loved working with all the students," said GEAR UP advisor **Heather Isaacson**. "It's hard seeing the students almost at the end of their high school careers but I'm so proud of them."

"I couldn't have asked for better kids to work with, they aren't lucky to have us, we are lucky to have them," said GEAR UP advisor **Susan Stewart**.

After almost six years since the program started, and four years since it entered East, GEAR UP is in its last year. The years have gone by, and graduation is right around the corner, but participants and their families carry many memories from the program.

"I remember the first overnight stay at one of the colleges during the summer and we talked about how fun it was going to be when we got to college, and not it's weird to think that its right around the corner," said senior **Cristal Villanueva**.

"The Arizona trip during spring break was awesome," said senior **Lindsey Hook**. "I know that in a way, GEAR UP has kept a lot of us from Hiatt to still be good friends because of the after school GEAR UP activities."

"When I first knew my daughter was chosen for this program," said parent **Maria de la Cruz**, "I was so grateful because I know that these programs are hard to find. I've see how the students laugh at memories from past activities and trips they have participated in."

GEAR UP has provided students and their families with more than just college tuition; the program has provided guidance, life-long friendships, and memories that will always be cherished.



GEARUP



Dressed up for a special occasion, GEAR UP students explore Washington DC during spring break of their freshman year. The program offered yearly trips for students who fit the requirements.



Enjoying their day at a GEAR UP activity, adviser **Heather Isaacson** and parent **Ann Stewart** chaperone the event. Parent participation of such events were encouraged to help the parents and their students bond and have fun.



GEAR UP students attend a job shadowing day at the EMC Insurance building. The program offered frequent career choice activities where students could attend and ask questions about their field of interest.

What Will You Remember The Most?

"I'll always remember all the help and support that Susan and Heather gave us; they were always great."

Pedro Leanos

"The Arizona spring break trip was so fun. Everyone got along together and it's something I won't forget."

Giap Nguyen

"Family nights and the spring break trips were awesome because everyone got to know each other better."

Patrick Pineda

Miana Raygoza

"I'll remember when all of the girls from the DC trip would have sleepovers at the hotels and laugh all night long."

GEARUP





Ads:

The Price is Right

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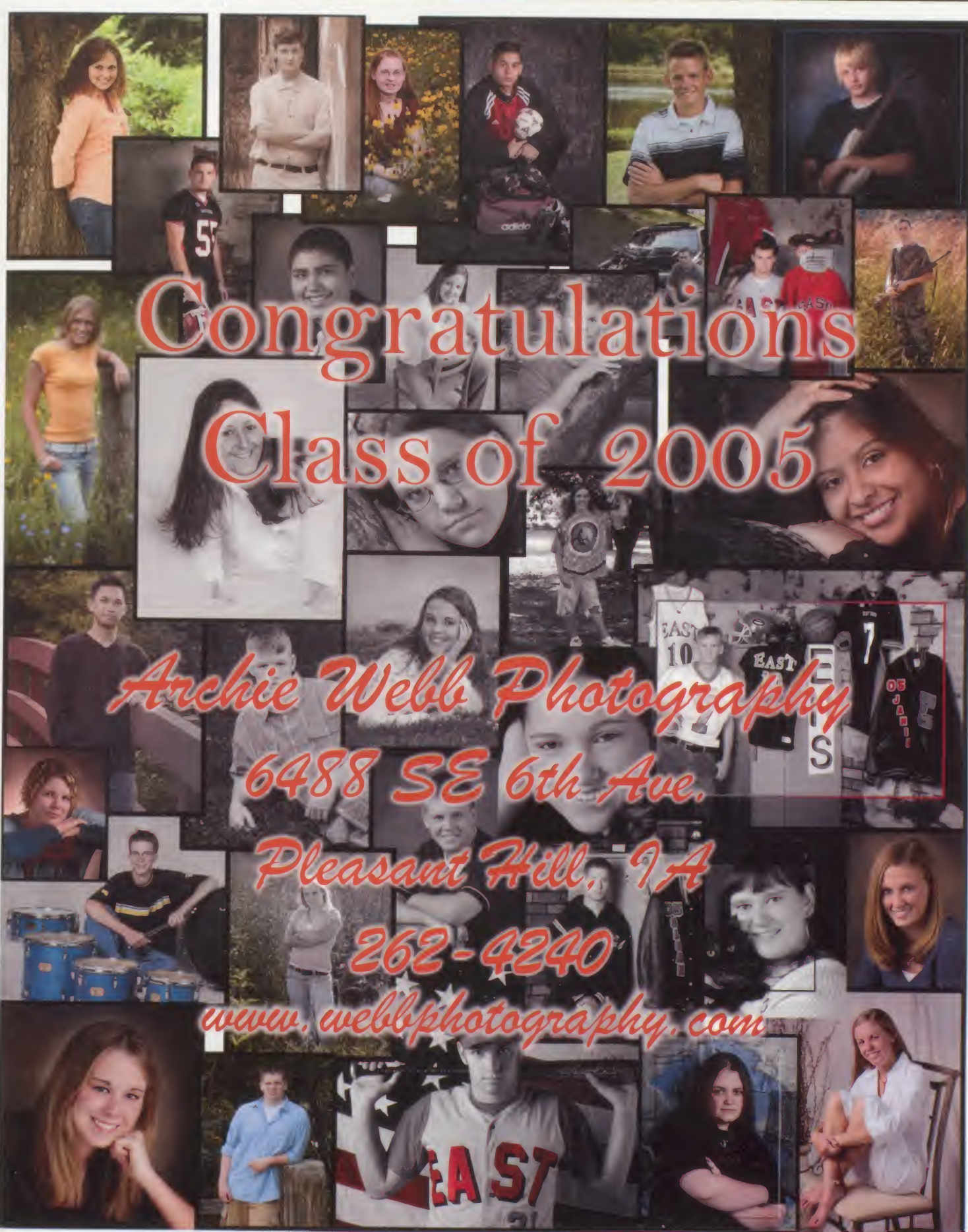
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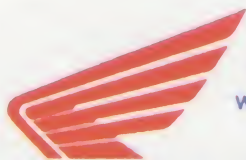
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 on to college ball, you've really
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 your accomplishments.

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 enthusiasm and you will make a
 difference in this world.

Our love will always
 be with you...
Dad, Mom, Stevie



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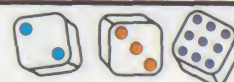
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We Love You!!
 Mom & Dad



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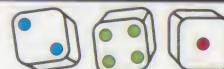
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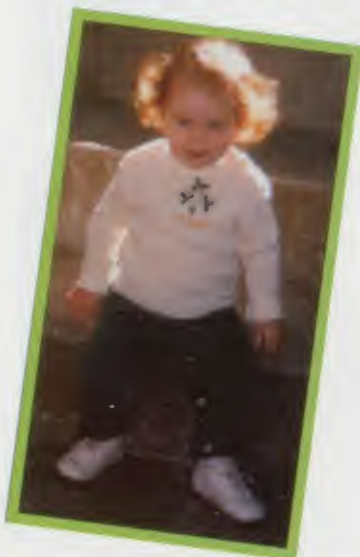
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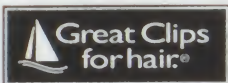


*You are a bit of heaven that God blew our way.
You have given us so much joy. We know that God
has something very special planned for your life.
We love you more than you will ever know.
Shannon, you are the best daughter a mom and dad
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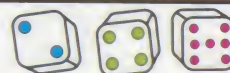
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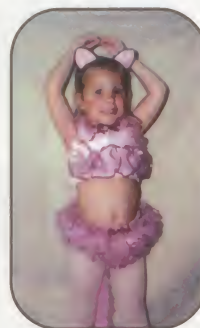




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Ads

Congratulations, Jenne Reedholm



Don't be afraid of the
space between your
dreams and reality.
If you can dream it,
you can make it so.

We are so proud of you.
Love,
Your Family



Roxana,

Remember that you are a very
valuable person to us. You are a very intelligent
woman that knows what you want in life.

Don't ever lose your sweetness.

We are proud of you!

Your parents that love you,
Arnulfo & Rafaela.



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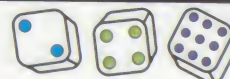
Congratulations!!

Amy May Miller



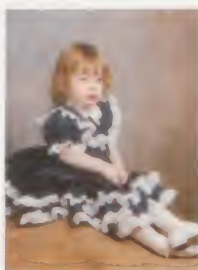
We are very proud of you!
Love, Mom and Tom (Sugar Bear '73)

Ads



Congratulations!
Jenna Lynn Dunkin

2 0 0 5



Jenna

I've watched you grow up from a little girl into a beautiful woman. I wish you nothing but the best in the future.

Love,

Mom, Casey, and Jeremy

"You know I'm here for the party, and I ain't leavin' til they throw me out, gunna have a little fun, gunna get me some, I'm here, I'm here for the party"

Pleasant Hill IA

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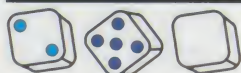
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CLASS COLORS

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CLASS FLOWER

Gerber Daisy



CLASS MOTTO

“Yesterday is but today’s
memory, and tomorrow is
today’s dream.”

Kahlil Gibran

Front Row: Carissa Hibben, Katie Long, Jenna Dunkin, Courtney Bush, Shannon Stewart, Nicole Omundson, Amy Page, Jamila Yakubu, Amber Tyler, Sunny Sengaphone. Row 2: Ashlee Rankin, Elyse Logan, Jessica Beavers, Katelin Eaton, Cassi Bainter, Nolan Walker, Anna Miller, Kevin Bradford, Lukas Bolander, Brian Roby. Row 3: Ashlee Peterson, Amy Miller, Morgan Graham, Clista Hazelwood, Brandon Ramirez, Geoffrey Moore, Arielle Petrie, Patrick Suggett, Katilin Brown, Sisamone Thammoroth. Back Row: Heather Munyon, Ladu John, Dean Hoang Van, Rahni Janssen, Kari Bush, Lindsee Hook, Alicia Bowman, Elma Mujakovic, Justine Eaton, Nicole Waldron. Not Pictured: Casey Dawson, Vivian De La Cruz, Kathryn Lown, Erika Mullin.

Congratulations, Class of 2005!

Ads



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Stacey,

You were our little fatty-patsy and now you're all grown up. You've worked hard to get where you're at. Continue to reach for your goals, you can do whatever you set your mind to.

AD



*Love,
Michael, Mom, Darcey, &
Adam*

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**Congratulations
Kasey Ann,**

*You are our Queen of Everything!
Our shining star with a smile!
You will always be the one
who stands out in a crowd!
You will always have class and style!
You make us very proud!
We Love You,
Dad, Mom, Tyler & your animals*



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*Mike,
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You've come a
long way!*

*I'm proud of
you.
I love you.
Mom*



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**Congratulations
Lindsee Hook!**



LINDSEE

I want you to know how proud I am of you.

You are a wonderful daughter!

*You are beginning an exciting time of life, I pray God's
blessings upon you.*

Never lose sight of the goals you want to accomplish.

Always hear Lee Ann Womack's words:

I HOPE YOU DANCE

I hope you never lose your sense of wonder

You get your fill to eat but always keep that hunger

May you never take on single breath for granted

God forbid love never leave you empty-handed

I hope you still feel small when you stand beside the ocean

Whenever one door closes I hope one more opens

Promise me that you'll give faith a fighting chance

And when you get the choice to sit it out or dance

I hope you dance... I hope you dance

I hope you never fear mountains in the distance

Never settle for the path of least resistance

Liwin' might mean takin' chances but they're worth takin'

Lovin' might be a mistake but it's worth makin'

Don't let some hell-bent heart leave you bitter

When you come close to sellin' out reconsider

Give the heavens above more than just a passing glance

Time is a wheel in constant motion always rolling us along

Where those years have gone

I hope you dance... I hope you dance

I hope you dance

Lindsee, this is our desire for you to DANCE... DANCE... DANCE

Love, Mom, Nikki, and Aaron

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Ads





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Ads



Brian Bayer Roby Class of 2005

Dr. Seuss said it best...
You have brains in your head.
You have feet in your shoes.
You can steer yourself
in any direction you choose.
You're on your own.
You know what you know.
You're the guy who'll decide where to go.

Congratulations Brian ~
With Love, Respect & Pride
Mom, Dad & Michael



★ Ashlee, ★
you must
have been
a beautiful
baby... ★



★ Cause, ★
baby, look
at you
now! ★

Love,
Grandma, Uncle Bruce, & Aunt Candie

*Congratulations on your graduation.
We always knew you could do it.
Your future is bright. We love you.*

*From
Mom, Dad, and your
sister*



05

Helio



Erica Lee



You are such a beautiful person both inside and out. You have touched many hearts with your kindness, generosity, and beautiful smile...and funny giggle! Now is the beginning of new journeys and endless opportunities. Whatever path you choose to take, we know you will be successful. We are very proud of you and we love you very much.

Mom, Dad, and Lindsey

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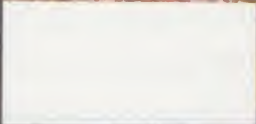
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Ads



**You're quite
a man!
We're so proud
of you!
-Love,
Mom & Dad**



**Way to go Ranrew!
Always remember the 6 p's of life!
I will be with you and
watching over you forever!**



**- Love, your Opi
P.S. You make me so proud!**

Congratulations Andrew!



Front Row: Sara Kain, Tiffany Howser, Rahni Janssen (vice-pres.), Chamee Lee (sec.), Advisor Mary Jane Kaldenberg. Back Row: Amber Stewart, Amanda Goff (pres.), Sunny Bounyalath (treas.), Christina Sweet. Not Pictured: Jessica Malmberg.



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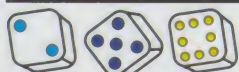
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Congratulations Andrea, Ashlee, & Amanda

*A daughter is a precious gift
A blessing from above,
She's laughter, warmth, and feminine charm;
She's thoughtfulness and love.*

*A daughter brings a special joy
That comes from deep inside,
And as she grows to womanhood
She fills your heart with pride*



*With every busy, happy year
She's dearer than before,
Through every stage...through every age,
You love her more and more.*

*The love she gives so freely
Is a rare and beautiful gift.
She brings the sunshine right indoors
And gives your heart a lift.*

*Love,
The Denning, Petersen,
and Khodai Families*



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*Erika,
As you grow to adulthood,
With every year that passes,
Through every stage,
through every age,
No words can describe the
memories that come from having a
daughter, to love and cherish
just like you!*

*Love,
Mom, Dad,
Allyson and Chelsea*

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Ads

East High Student Government



Left to Right: Sisamone Thammaroth, Geoff Moore, Sharon Tonsi, Casey Dawson, Nicki Waldron, Amy Miller, Erika Mullin, Holly Bousselot, Amber Tyler, Justine Eaton, James Smith and advisor Samy El-Baroudi.

Congratulations Seniors

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Ads



Friends Forever

Katelin Eaton



Katelin,

Life is full of challenges and you have continued to meet these head on and succeed. You must continue to set your goals, stay focused and always strive for the best. You have grown into a beautiful, responsible young adult and we are so very proud of you! You have a great future ahead of you, and we will always be there for you! Congratulations!

Love,
Mom, Dad, and Nick

Elyse Logan



To our strong willed daughter,
Elyse,

We were told when you were 2 years old that your strong will, will make you a success. We believe you are on your way. We are proud of all you've accomplished. We want you to know you have the intelligence, spirit, and support to achieve whatever you believe, if you stay focused. Congratulations on your successful high school years.

We Love You,



Ads



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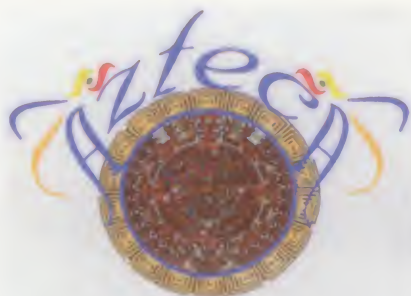
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Congratulations!

Janila Yakubu

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From a little to a child to a young woman, you have grown up so fast. I am so proud of all you have accomplished, and I know that you will continue to grow and thrive. I know that you are a wonderful person and that you will always be a source of pride and joy for me. I know that you will always be a source of pride and joy for me. I know that you will always be a source of pride and joy for me.

I love you always,
Mom



Congratulations Chelsey Wood

My dreams for your life might not always have been your dreams for life. But all of your accomplishments and your happiness is the greatest feeling in the world to me. I am so very **PROUD OF YOU!!**

Sometimes, I think I don't tell you that enough. We have been through a lot in our family, but we have always managed to stay strong, especially **YOU!!**

Now it's time for you to use that strength as you go out into this big world, just remember your family will always be there for you no matter what.



We Love You,
Mommy, Paul, Curtis, Correy and Chaz



Ads





Soy,



Hija, tu papa, tus hermanos y yo, estamos bien orgullosos de ti; porque te vas a graduar de la prepa y por los buenos grados que siempre has tenido desde el Kinder. Los primeros días que ivas al kinder lloraste. Ahora que te vayas a la universidad, va hacer al reves; Nosotros vamos a llorar, pero de felicidad. Cuando ibamos a las conferencias, los maestros nos desian, "Su hija es muy lista, se porta bien, y siempre ayuda a los demas."

Mija, te pedimos que siempre seas así.

Te
Queremos
Mucho



Mami
y
Papi



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We Salute the Graduating Class of 2005



Ads



Congratulations Cassi L. Bainter

Graduation is a time for feeling very proud, for thinking lots of lovely thoughts and saying them out loud. It's a time for feeling love about to overflow. And just before it leaps its banks, to let the loved one know.

We are very proud of you, for being who you are, for making something of yourself, for making it this far.

We're proud because we're a part of everything you do.

This time's the time to say how much love we have for you.

Love you,

Mom & Dad

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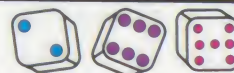
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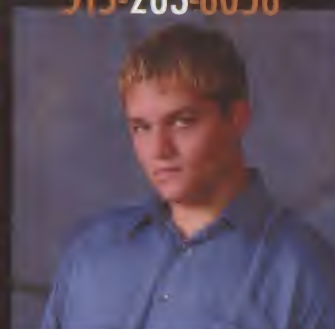
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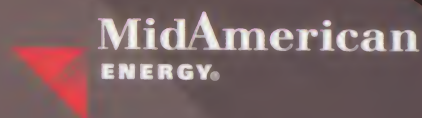
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ESTA DEEVER

*Arielle
Marie
Petrie*



*"And now, my daughter, do
not fear...for all my people
in the city know you are a
woman of excellence."*

Ruth 3:11

You are a blessing to our family
& we love you completely!
Always seek the more excellent way
& God will guide and bless you!

*Love, your family: Mom, Dad, Layton, & Jordan
Grandma & Poppa, Grandma P.*



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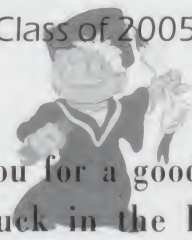
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Congratulations Seniors

Class of 2005



Thank you for a good year and
good luck in the FUTURE!

Principal Tom Lee



Ads

Campus Visits

GEAR UP

Y-Camp

Gaining Early Awareness and Readiness for Undergraduate Programs

Career Club

2005 CLASS OF

Washington D.C.
2002

Arizona Trip
2004

Memphis Trip
2003

Scholarships

We are so proud of each and every one of you! It has truly been our privilege to watch you "grow up" from our days at Hiatt Middle School and become the amazing people you are today. You and your families should be proud of the hard work and accomplishments that led you to the graduation stage. We sincerely hope we have helped you along the way.

Chicago Trip
2005

Family Nights

As you enter the next stage of your lives, we have confidence that you will go forward with purpose and find happiness in being whatever it is you choose to be. We believe in you and are excited to see the positive contributions you will continue to make to your families, community and world. On a personal note, we would like to express our heartfelt gratitude for allowing us to be part of your lives. We

Scholar Dollars

Tutoring

ISU Mentoring

Grand View College

Central College

wish you the very best of luck.

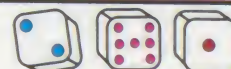
Now **GEAR UP** and get going!

Central College Leadership
Conference

DMACC

— **Heather & Susan**

Ads





Casey

We are so proud of you. Your accomplishments show just how bright a future you have. Follow your heart and you will achieve anything you put your mind to.

Love,
Mom



C
O
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S

Amber

We have watched you grow from a happy, bright-eyed little girl into a beautiful, talented, and smart young lady. You have always been our sunshine during the cloudy days. We are so very proud of you. Always remember to dream on your sunshines during the dark days and you will achieve your greatest dream.



Congratulations

We love you,
Mom, Nadia, Grandma
& Grandpa

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Congratulations to our Class of 2005

Nolan Walker Brandon Ramirez
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Kevin Bradford Amy Page
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Senior Class Officers



Ads

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COLOPHON

Special Thanks:

The artwork on the front end pages was created by EHS art teacher Shirley Gooch.
The staff is grateful to teacher Marty Mohler and his photo students for their contributions.
Special photo thanks also to Archie Webb Photography in Pleasant Hill, Iowa.

The Herff Jones yearbook plant in Mission, Kansas produced 1020 copies of the 2005 Quill.

The book was completed on March 14.

Nineteen staff members put together the 292-page spring-delivery book on 80lb. Bordeaux paper.

The silk-screen cover has a Vibra-Tex antique red base material with applied colors of black and white silkscreen paint. Endsheets are printed with a 4-color process on white Vibracolor paper stock. The 8.5" x 11" book is printed with offset lithography and is Smyth-sewn, rounded and backed.

The majority of the copy throughout the book is 10-point AGaramond.

The book was produced digitally and all pages were submitted on CD disks using 17 Dell PC computers and the applications Microsoft Word and Adobe's Photoshop and PageMaker.

Books were sold from September through November for \$40.

Ads



We
Played
the
Game
Right
With...



Closing



Scarlet Style

"Life is a game." This is something that we have all heard as a negative saying but East has turned it around to make it positive.

We played the game right by striving to reach our goals, while facing several twists and turns; we have reached the end of a new beginning.

With our Scarlet style, we "aced" that Geometry test, spiked a return on a cold Tuesday night, and we made the effort to raise money for March of Dimes with the National Honor Society. The classes, sports and clubs at East that we participated in involved the winning edge of Scarlet style.

We played the "game" by overcoming all obstacles that stood in our way. We gave it our all, and we supported one another and came out as winners.

Life is what one makes of it, but students at East have chosen to make it the best it can be ...and wouldn't have it any other way...

Playing the Game Right...Scarlet Style!

Game

Over

Closing



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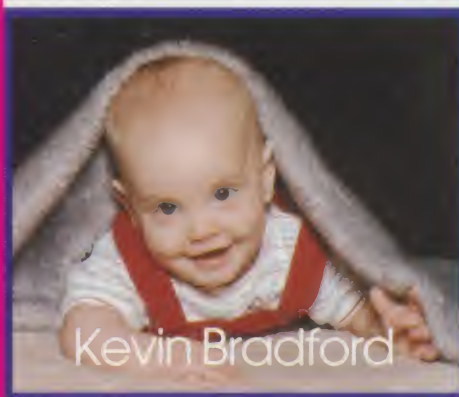
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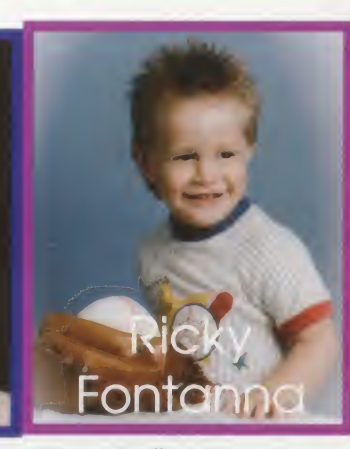
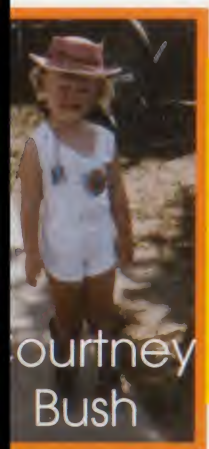
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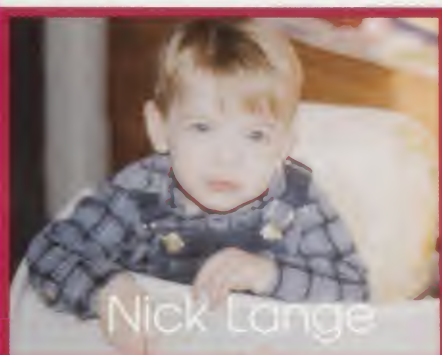
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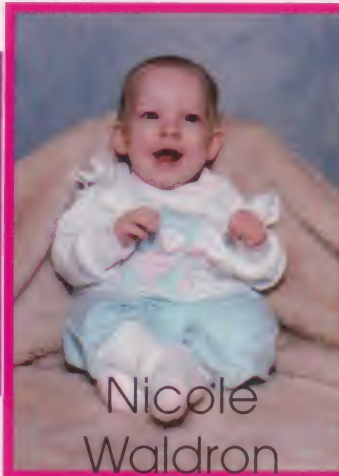


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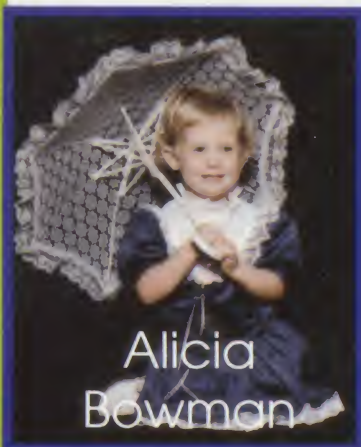
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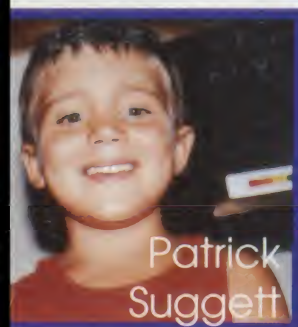
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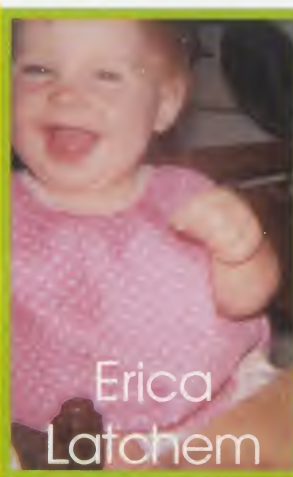
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-Kahlil Gibran

